

THE BEST-EVER EXERCISE TO SLIM YOUR HIPS, TRIM YOUR THIGHS

Quick meals that
don't taste quick

Mary Ellen's fresh-
as-spring helpful
household hints

Picture guide to
houseplants that grow
fast, look beautiful

Kids and drugs:
The hard facts
parents must know

Glorious pastry
desserts

Vitamin update:
What they do &
when you need them
plus exclusive FREE
vitamin-chart offer

How to earn money
at home with
no special skills

BONUS BARGAINS:

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- You can still afford steak How to turn cheap cuts into "prime" meats
- Still only **59 cents**

APRIL 7, 1981

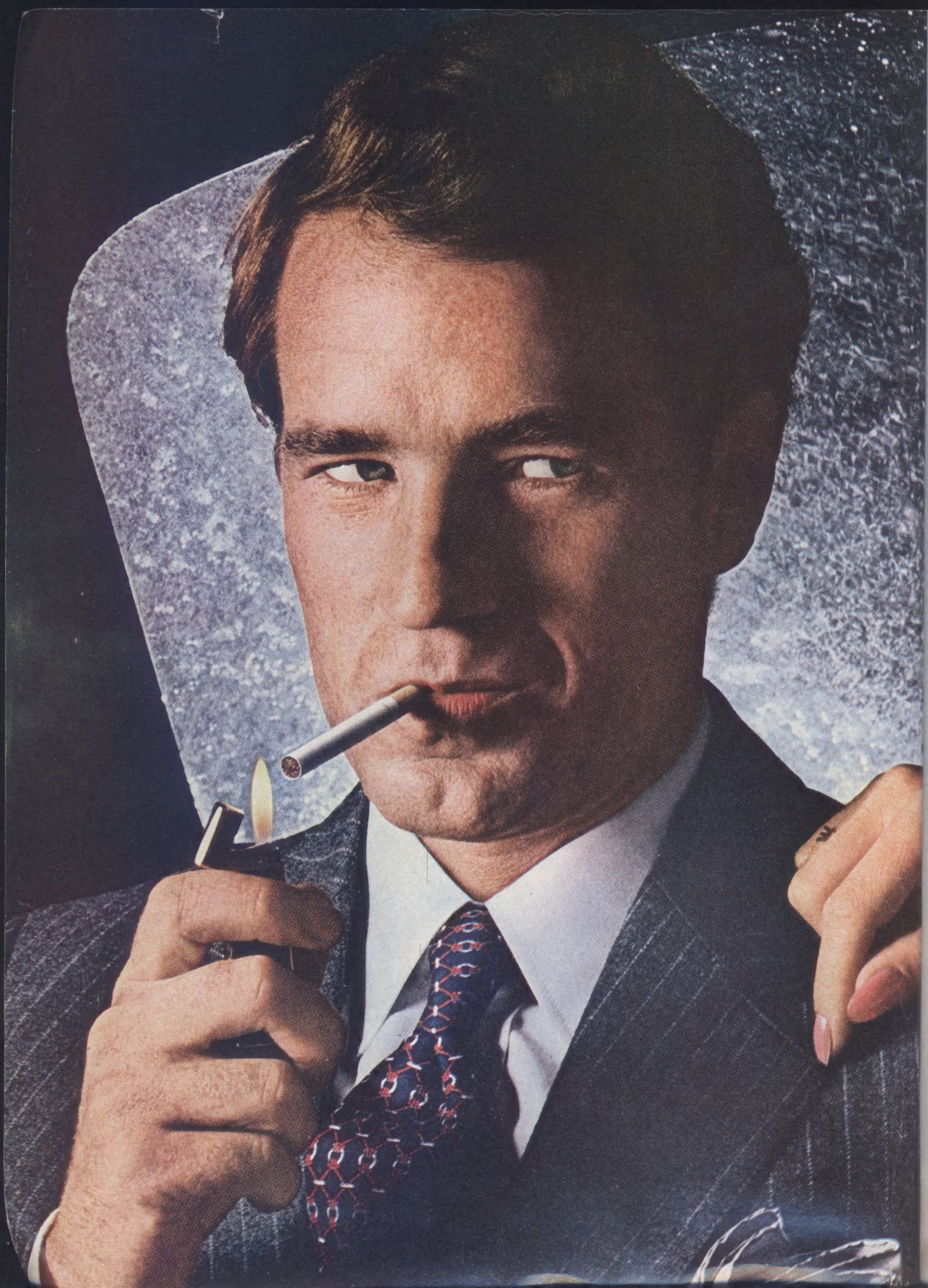
Family Circle



Bake our braided Easter breads

BOUND INSIDE:
**THIS
SENSATIONAL
MINI-LOOM**
FUN! EASY! NEW!
MAKE DOZENS
OF BEAUTIFUL CRAFTS





*The pleasure
is back.*



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Edited by GERRI HIRSHEY

Computer cuisine

THEIR four-year-old sons became best friends. And between the home-to-preschool shuttles and parents' meetings, so did Linda Klayman and Diane Hirsch. Living close by in Riverdale, N.Y., just north of Manhattan, they found they shared a common desire: the need for interesting, profitable work that would mesh handily with the considerable demands of raising their young sons. Diane had done some writing; for 10 years before her son Gregg was born, Linda had reviewed restaurants for the entertainment and dining guide, *Cue*.

"I sat up in that apartment for three years," says Linda, "figuring there was nothing I could do with that experience right now."

Inspiration eluded her until one night, Diane's husband, Elliott Hampton, called with a familiar request. A restaurant recommendation, please...

"And listen," he said. "Do us both a favor and give me a whole list. Chinese, Italian—the works. I'll store the information in my new toy, so I won't have to pester you again."

The "toy" was an Apple II, a typewriter-sized home computer that Elliott had bought "mainly to play games. Two years ago," he says "it cost about \$1,000. But by next year, certain French models should be available for as little as \$200."

Like many new owners of these small household computers, Elliott was learning to store information—checkbook records, phone numbers—and now, restaurants, in the computer's efficient memory.

"Great idea," said Linda, who had long ago grown weary of reciting the flaws and virtues of New York's over 2,000 restaurants to hungry friends.

Fabulous idea, thought Elliott, when he learned that a Virginia company, The Source, had begun marketing what it



Linda Klayman (left) and Diane Hirsch feed dining tips into home computer.

called "data bases"—basically "subscriptions"—to home-computer owners that gave them access to everything from astrology to news stories to discount-buying services. In the Washington, D.C., area, the services also included a dining-out guide. Calling up data and scanning it is like placing a phone call.

"Basically, it's an electronic magazine," Elliott explains. "Subscribers pay for the time they use the service, like a phone call. Possibilities are endless."

No one had yet compiled a computer restaurant guide for the Big Apple—New York City. Excited by the prospect, Diane, Linda and Elliott met with representatives from The Source, and within weeks they became "Apple Bites," a home-based information service that would provide an exclusive guide to restaurants in Manhattan. Linda and Diane would sample and review the restaurant fare; Elliott, who took time from his job as a photographer to learn programming, would feed the information into their home computer which could speedily transmit it to The Source.

"There are so many corporations with computer access that send people here on business, and so many tourists who want to know where to eat," says Diane. "We decided to categorize for price, location and ethnicity to make choosing even easier."

To make the public aware of their enterprise, Diane and Linda set up a booth at New York's Hilton Hotel during last summer's Democratic Convention, providing free recommendations to delegates via computer. Since then they have also appeared at computer shows and department stores.

This spring they plan to add an entertainment and shopping guide, and expand the restaurant reviews to include recipes for house specialties. Subscribers

can have a "bite" of Apple cuisine without leaving their kitchens in Kansas City or Santa Fe.

As the computer whirs efficiently in Diane and Elliott's bedroom, the trio list the special advantages of their space-age "cottage industry." "The initial investment is actually less than if you were starting a knit or craft shop," says Diane. "And though we ran like crazy to get to the restaurants at first, the bulk of the work can be done right here at home."

"Our biggest priority now is education," says Linda. "As home computers become cheaper than color TVs, people will have to get over that basic fear of technology most of us have."

One woman recently told them how very much she enjoys their dining guide. "I can't wait for my husband to get home from work," she said, "so he can turn our computer on for me."

"That shouldn't be," says Diane. "Our six-year-old is already using the computer easily. Children have no innate fear."

Courses to demystify these techno-"monsters" are also in Apple Bites' future. "Once women—and men—learn to take advantage of the resources a computer puts at their command" says Elliott, "we'll consider it the greatest household appliance of them all."

The best little sweet shop in Texas

IT BEGAN AS ONE of those casual family traditions. Every Sunday night, Cindy and Del Hight of Ft. Worth, Tex., and their seven children would take turns pitching rock salt and fresh cream into the ice-cream freezer for a gallon or so of homemade French vanilla.

But within a year, the tradition became a booming family business, thanks to the vocational calling of one of its younger members. Christopher, nicknamed Kebe (then 7), became proprietor of Kebe's Ice Cream Korner shortly after he discovered his need for what he terms "lots of thousands of dollars."

"I want to be a doctor," he had announced one night. Not long before, his own sturdy legs had propelled him in marches for muscular dystrophy—an abstract evil for Kebe until he saw photos of afflicted children.

He says he remembers twisted spines and small wasted legs strapped to huge leather and steel braces.

"Somebody ought to fix that," he reasoned with the clear logic of a second grader. Medical school,

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Got a minute?
Got a pan?
Join Duncan Hines in

Desserts with American Dash!

Snow Tunnel Cake

1 Duncan Hines Deluxe
Angel Food Cake Mix
1-12 oz. container
frozen whipped topping
1½ cups milk
1-4½ oz. pkg. chocolate
instant pudding mix

Bake cake as directed.
Cool. Slice 1 inch layer off
the top. Gently hollow out a
trench in cake 1½ inches
wide and 2 inches deep.
Tear cake from trench into
small pieces. Combine
milk and pudding mix.
Beat on low for 2 minutes.
Fold cake pieces and 1¾
cups of topping into
pudding. Fill trench with
mixture. Replace top of
cake. Spread remaining
topping over sides and
top. Chill until set.

Honey Almond Squares

1 Duncan Hines Pudding
Recipe White Cake Mix
1-8 oz. pkg.
cream
cheese
(room
temperature)
¼ cup
honey
1-2¾ oz.
pkg. sliced
almonds

Bake cake
as directed
on pkg. in a
13X9X2 inch pan.
Cool. Cream the
cheese and
gradually add
honey; beat until
smooth. Spread cream
cheese mixture on top. Sprinkle
with almonds. Store in refrigerator.

Peach Snowball

1 Duncan Hines
Deluxe II White
Cake Mix
1½ qts. vanilla ice cream

1 can (21 ozs.)
peach pie filling
3½ ozs. flaked
coconut

Bake cake according to package directions in a 13X9X2
inch pan. Cool. Cut into 2½ inch squares and place
in dessert dishes. Top with a scoop of ice cream, peach
pie filling, and sprinkle with coconut. Serve at once.

One Pan!
One Mix!
No more than
3 things to add!
No more than
35 minutes
of your time!*
Velvety and Vanilla
was never so easy!

*Excludes baking and cooling time.





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Inside Our Family Circle

By **ARTHUR HETTICH**

Great ideas from talented people

At FAMILY CIRCLE we're always working to bring you new and wonderful ideas. But, of course, wonderful ideas don't just happen—they take the right combination of talent, work and imagination. In this issue we've definitely hit on the perfect mix with the creative people who conceived and devised the FAMILY CIRCLE Wonder Loom, found between pages 68 and 69.



The Wonder Loom idea originated with two of our editors—Executive Editor Lawrence Kane and his associate, Lilian Kyrkos—who wanted to create for readers a “mini-loom” that would be portable, easy to use, would accommodate any kind of yarn and, best of all, be available as an insert right in the magazine. A tall order indeed, but one that was skillfully filled by the talents of Shirley J. Botsford (pictured above), a

crafts designer and sewing consultant who runs her own custom sewing service in New York City. Shirley took our editors' idea and translated it into the notched cardboard square that you'll see is truly a wonder.

The beauty of our little loom is its sheer simplicity: By simply passing yarn back and forth across the loom through the notches, you can weave everything from the shawl and pillows shown on our cover to the 15 other projects shown on pages 68–71. And once you get the hang of working the loom, you can weave anything else you'd like—anywhere, any time!

Another idea whose time has certainly come, given the soaring costs of meat today, is the one presented by Emilie Taylor, starting on page 82. Emilie is a former butcher who now operates a meat-cutting school from her home in Paramus, N.J. She offers a free lesson in this issue by showing how you can take a \$1.49-a-pound first cut chuck steak and turn it into a \$4.99-a-pound rib eye steak. It's all in the cut—and Emilie's techniques can save you up to \$1,000 a year on your beef bill!

Shirley and Emilie are just two of the many talented people we draw upon to help us do what we want to do—turn great ideas into reality in the pages of FAMILY CIRCLE. ■

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DIETAC.TM IT GIVES YOUR DIET A FIGHTING CHANCE.

If you're trying to lose weight these days, you're not alone. Over 40 million Americans went on a diet last year. The problem was they usually didn't stay on it.

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Clinically proven safe and effective.

The key ingredient in Dietac is an appetite suppressant called phenylpropionolamine. This ingredient has been found safe and effective in years of testing, and has received the endorsement of a U.S. Government Advisory Review Panel.

12-hour timed-release capsule.

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can eat less. And Dietac drops or tablets are caffeine-free.

Dietac could help you change your eating habits.

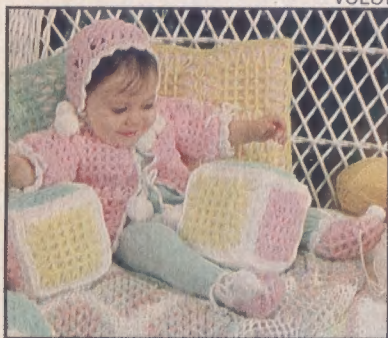
With the help of Dietac, you can develop more sensible eating habits. Like eating lighter. And avoiding the snacks, desserts and other things that made you go on a diet in the first place.

Then, once you've lost those extra pounds, these new habits can help you stay at your desired weight.



Read label and follow directions. © SmithKline 1980

DIETAC. DIET AIDS FROM THE MAKERS OF CONTAC.



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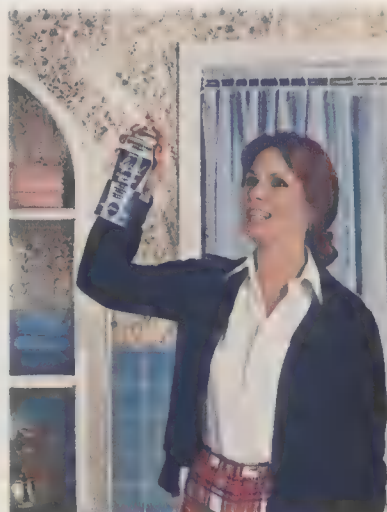
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| 1 | 5-Pc. Place Setting(s)
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| 3 | Unit(s) of 4 salad forks | 4.75 |
| 4 | Unit(s) of 4 teaspoons | 4.50 |
| 5 | Unit(s) of 4 dessert/soup
spoons | 4.75 |
| 6 | Unit(s) of 4 hollow handle
knives | 7.25 |
| 7 | Unit(s) of 2 tablespoons | 3.25 |
| 8 | Unit(s) of 4 fruit spoons | 4.75 |
| 9 | Unit(s) of 4 iced drink spoons | 4.75 |
| 10 | Serving Unit(s) #1—Large
Serving Spoon | 2.45 |
| 11 | Serving Unit(s) #2—Cold
Meat Fork, Pierced Serving
Spoon | 3.75 |
| 12 | Serving Unit(s) #3—Sugar
Spoon, Jelly Spoon, Butter
Knife | 4.75 |
| 13 | THE WHOLE WORKS
All 3 serving units plus
bonus gravy ladle OR | 10.95 |
| 14 | THE WHOLE WORKS
All 3 serving units plus
bonus dessert server | 10.95 |

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THE NUMBER-ONE AT-HOME CAREER

Do you feel that you have no special skills? Well, there's still a way you can earn a little extra—or even big money—at home. Try person-to-person selling. By JoANNE ALTER



A free facial led Pam Gruber, a former flight attendant, to Mary Kay Cosmetics. Now, six years later, she's a top salesperson, earning over \$100,000 a year at her kitchen table!

Some four million Americans, 80% of whom are women, believe direct selling is today's road to riches. They knock on doors during the day or hold parties in living rooms during the evening. They sell dozens of products, from moisturizers and makeup to plastic freezer containers, vacuum cleaners and health foods. Some do it to win extravagant prizes like Black-glama mink coats or pale pink Coupe de Villes. But for most, according to a recent Louis Harris survey, "being independent and working when I want to" followed by "supplementing my family income" or "making a little extra money for myself" are the incentives that initially

Here's a profile of the woman most likely to go into direct selling. She is:

- under 50 ■ a high-school graduate
 - in a slightly higher than average family income bracket
 - highly religious ■ style conscious
 - self-confident and gives good advice
- Does this sound like you?**

get them into the number-one at-home career.

Take Pam Gruber, for example. This 38-year-old wife and mother started selling six years ago. At the time she was recuperating from injuries she had received in an automobile accident and was wearing a neck and back brace. A veteran TWA flight attendant, she wasn't sure she would be able to fly again.

One day while Pam was shopping at her local supermarket, a woman she knew casually offered her a complimentary facial with Mary Kay skin-care products. When she went to have the facial, Pam says she "fell in love" with the cosmetics. The woman, noting her enthusiasm, suggested Pam might make a terrific beauty consultant herself.

"But for the first few months, I was a crashing failure," Pam laughs, looking back on that period in late 1975 when she signed up with the company.

FACTS YOU SHOULD KNOW ABOUT DIRECT SELLING

- In order to make big money, it is just as important to recruit staff as to sell products.
- As well as commissions, companies offer a variety of lavish bonuses, including trips to Disneyland, jewelry, fur coats and cars.
- 70% of all direct salespeople sell cosmetics.
- 80% of direct salespeople are part-timers.
- Only half stick with it for more than two years.
- Direct selling is one of the few fields in which a woman with no special training can earn over \$100,000 a year.

However, within four months, Pam was selling an average of \$300 worth of cosmetics and netting \$150 each week at skin-care classes she held in her kitchen. Moreover, in the same period of time, she had recruited 13 women into the Mary Kay company and was earning 8% commission on their sales as well. She was putting in "only a few hours a day," but before she realized it, Pam was eligible to become a director.

In order to be considered for a director's spot, a woman must be a beauty consultant for at least six months and must recruit at least 12 people (at the time, it was only 10) into the company. After Pam and her team's records were carefully reviewed, she was invited to Mary Kay headquarters in Dallas for a one-week intensive management course. She returned to her home in New Jersey to begin a three-month "qualification period." Within those 12 weeks, Pam had to double the size of her team. What's more, her group had to meet sales quotas of \$4,000 worth of retail merchandise (\$2,000 wholesale) the first month, \$5,000 the second month, and \$6,000 the third month. Under Pam's guidance, the group met all of the requirements.

As a new director, Pam was eligible to earn 12% (it's now 13%) on everything sold by the women in her unit. Each week she held sales meetings to teach, motivate and encourage them to do just what she'd been encour-



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MAINE

Brunswick

*Senter's
124 Main Street

Kennebunk

*Colonial Shoe Store
38 Main Street
207-985-2216

Portland

*Owen Moore (Intown Portland)
502 Congress Street
207-773-7221

Saco

*Colonial Shoe Store
249 Main Street
207-282-0180

MASSACHUSETTS

Cambridge

Hanover

*Baker Bros. Shoes
Hanover Mall
617-826-4246

Holyoke

Shoes To Boot
Ingleside Mall

Marlboro

*Charles Bigelow Shoes
188 Main Street
617-485-2070

Medford

*Kal's Shoe Store
36 Riverside Avenue
Medford Square
617-395-6266

Salem

*Lally's Shoe Store
173 Essex Street
617-744-4036

South Weymouth

NEW HAMPSHIRE

Laconia

*Melnick's
18 Laconia Mall
603-524-1276

Manchester

*Naturalizer/Footworks
Hampshire Plaza Mall
1000 Elm Street (Downtown)
603-624-0267

Nashua

*Alec's Shoe Store
100 West Pearl Street
603-882-6811

NEW YORK

Albany

*Macy's
Colonie Shopping Mall

Naturalizer Shoe Shop
Colonie Shopping Center

Garden City

New York

Daniel's
30—29 Steinway Street
212-274-3166

Delman-Naturalizer
33—1st Avenue
212-254-4896

Norwich

Standard's Shoe Store
9 South Broad Street
607-334-3511

Oneonta

Zim's Shoe Store
146 Main Street
607-432-0480

Rockville Centre

*Gala Shoes
1785 Grand Avenue (Baldwin)
516-223-3710

Staten Island

Macy's
Staten Island Mall



THE NUMBER-ONE AT-HOME CAREER

Do you feel that you have no special skills? Well, there's still a way you can earn a little extra—or even big money—at home. Try person-to-person selling. By JoANNE ALTER



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Take Pam Gruber, for example. This 38-year-old wife and mother started selling six years ago. At the time she was recuperating from injuries she had received in an automobile accident and was wearing a neck and back brace. A veteran TWA flight attendant, she wasn't sure she would be able to fly again.

One day while Pam was shopping at her local supermarket, a woman she knew casually offered her a complimentary facial with Mary Kay skin-care products. When she went to have the facial, Pam says she "fell in love" with the cosmetics. The woman, noting her enthusiasm, suggested Pam might make a terrific beauty consultant herself.

"But for the first few months, I was a crashing failure," Pam laughs, looking back on that period in late 1975 when she signed up with the company.

FACTS YOU SHOULD KNOW ABOUT DIRECT SELLING

- In order to make big money, it is just as important to recruit staff as to sell products.
- As well as commissions, companies offer a variety of lavish bonuses, including trips to Disneyland, jewelry, fur coats and cars.
- 70% of all direct salespeople sell cosmetics.
- 80% of direct salespeople are part-timers.

WALK IN AND WIN NATURALIZER WALK OUT LOOKIN' GOOD

The sweepstakes that takes you one step closer to a dream vacation.

Four Grand Prize Winners!

The winners of the Walk in and Win Naturalizer Sweepstakes will have a choice of 4 exciting expense-paid trips for two! Enjoy Miami's nightlife and the sun and surf of Bermuda; the streets of San Francisco and the coastline of Carmel; the bustle of Boston and the calm of Cape Cod; or the majestic skyline of Chicago and lazy Lake Geneva afternoons.

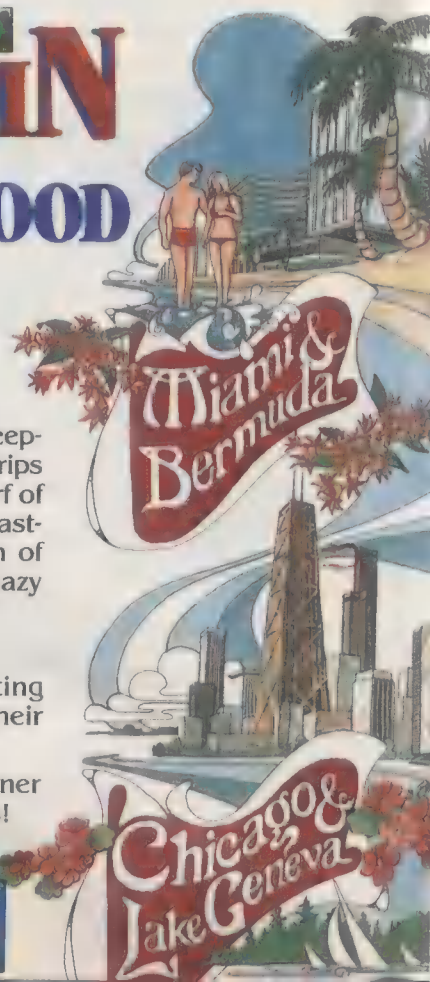
See if your symbol matches!

Bring your sweepstakes symbol to your participating Naturalizer store and see if it matches the one on their display. If the color matches, you're a winner!

Even if you don't have a match, you can still be a winner in our Second Chance drawing for unclaimed prizes!

This is your Matching Symbol.

NATURALIZER



WALK IN AND WIN

NATURALIZER

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at one of these fine Naturalizer stores.

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Macy's
Staten Island Mall

OFFICIAL RULES NATURALIZER "WALK IN AND WIN" SWEEPSTAKES

No Purchase Necessary

1. Here's how to win—Compare the official symbol in this magazine with the symbol appearing on the Naturalizer® "Walk In and Win" sweepstakes display at your participating shoe retailer.

2. If your symbol in the magazine exactly matches the color of the symbol on the display, you have won one of the four trip prizes.

3. To verify and redeem a winning symbol—If you are eligible to receive a prize, sign your full legal signature across the face of the winning symbol. Hand print your full name, address and telephone number and the name and address of your participating retailer immediately below the symbol or on a plain white card. Mail your winning symbol and card via registered mail, return receipt requested, to: River Associates, P.O. Box 8756, St. Louis, MO. 63102. All claims are subject to verification by River Associates, an independent judging organization, whose decisions are final. All winning symbols must be received before May 15, 1981. Winning symbols received after the above date shall be void and ineligible for prizes.

Any attempt to forge winning symbols or defraud in any way will be prosecuted to the fullest extent of the law. To obtain a reprint of the prize winning symbol on the sweepstakes display, write to: River Associates, P.O. Box 7315, St. Louis, MO. 63177. Odds of holding a winning symbol are 1 in 5,405,250.

4. All prizes will be awarded. In the event that all prizes are not claimed, a random drawing will be held on June 30, 1981 from among all "Walk In and Win" Second Chance entries received. Entry blanks and details for the separate Second Chance Sweepstakes are available at your participating Naturalizer retailer, or on a 3 x 5 inch paper print the words "Walk In and Win Sweepstakes" along with your name, address, and zip code. Enter as often as you wish, but mail each entry separately to: River Associates, P.O. Box 7314, St. Louis, MO. 63177. The odds of winning will be determined by the number of prizes unclaimed and the number of entries received.

5. Sweepstakes open to all U.S. residents except where prohibited, restricted or taxed by law. Employees (and their immediate families) of Brown Shoe Company, its affiliated companies, its advertising and promotion agencies and judging organizations, suppliers and manufacturers of sweepstakes materials, and any publications in which the symbols appear are not eligible to participate.

6. No substitution for prizes offered is allowed. Value of each vacation prize will not exceed \$3,500. Prizes are not transferable without our permission. Travel accommodations are by sponsor's choice. Dates of departure for travel prizes subject to availability. An affidavit of eligibility and a release from liability will be required. All taxes, including but not limited to sales and income tax, are the sole responsibility of winners. Any prize won by a minor will be awarded in the name of their parents or legal guardian. One prize per family. Prizes must be taken by May 15, 1982.

7. For list of prize winners, send a stamped, self-addressed envelope to: River Associates, P.O. Box 7315, St. Louis, MO. 63177. Do not send entries to this address.

8. Each winning entrant grants to Brown Shoe Company without limitation the right to use their name and likeness for any advertising and promotional purposes without additional compensation.

On the Cover: PILE "Walkin' Natural"™ comfort... easy care! Bright fabric upper; soft, flexible Kraton® bottom is soap-and-water-washable. Cushioned insole. Natural, navy fabric. 1-1/2" wedge.

Please note: All shoes depicted in this booklet have leather uppers except for Pile, Miami, Regina, Jackie, Casino, Reno, Tango, Cassy, Juniper, Criss Cross, Pecos and Hot Stuff. (Blimini is a leather and man-made combination upper.) Other parts are man-made. References to leather, and to terms suggestive of leather, throughout this booklet are to uppers only.



Walkin' sandals from Naturalizer®—called "Walkin' Natural"™ because of the way they feel! Soft, shock absorbing Kraton® bottoms, rich leather uppers and fully cushioned insoles. In your size!

LINK
Rust leather
Camel leather
Navy leather
1-1/2" wedge

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- 70% of all direct salespeople sell cosmetics.
- 90% of direct salespeople earn part-time

Whatever the height—
"Walkin' Natural"™ sandals
are made for comfort! Step-
softening, long-lasting Kraton®
bottoms, genuine leather uppers
and fully cushioned insoles.

FANTASY
Multi leather
White leather
1-1/2" wedge

LUCKY
Camel leather
2-1/4" wedge



zes, selection and service... sizes, selection and service... sizes, selection and service...

WALK IN AND WIN

(N A T U R A L I Z E R)

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at one of these fine Naturalizer stores.

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Rockville Centre

*Gala Shoes
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516-223-3710

Staten Island

Macy's
Staten Island Mall

More "Walkin' Natural"™ styles... this time, flat's where it's at!
Genuine leather uppers
fully cushioned
insoles... soft, flexible
Kraton® bottoms.

IROQUOIS

Camel leather
7/8" wedge

SEMINOLE

Rust leather
7/8" wedge

NATURALIZER®
The shoes with the beautiful fit
MADE IN U.S.A.

SEMINOLE

IROQUOIS

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The "Walkin' Natural"™ wedge! Cool n' casual in sunny fabric... soft n' flexible on a comfy Kraton® bottom. Name your size... Naturalizer® has it!

MIAMI
Red fabric
Navy fabric
Natural fabric
1-5/8" wedge

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NATURALIZER

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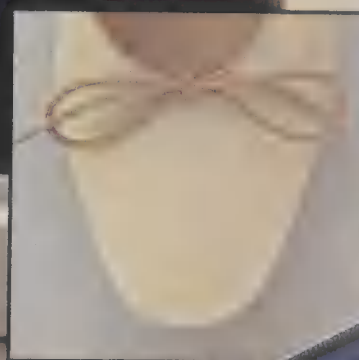
*Gala Shoes
1785 Grand Avenue (Baldwin)
516-223-3710

Staten Island

Macy's
Staten Island Mall

*S*lip it on and go! Sporty canvas upper... cushioned insole... whisper-soft Kraton® bottom. From the "Walkin' Natural"™ collection.

TANGO
Bone fabric
Navy fabric
1-1/8" heel



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The bareback look... sportier than ever in bouncy cork and lots of sunny colors. Gored fit... padded insole... unbeatable comfort!

HOT STUFF

Red smooth

Navy smooth

Camel smooth

Bone smooth

White smooth

2-1/4" heel



izes, selection and service... sizes, selection and service... sizes, selection and service

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Macy's
Staten Island Mall

*S*porty jute slide... sleek
leather sandal. Two fresh
ways to go with
Naturalizer's® newest
comfort bottom.

PECOS

Multi jute
1-1/2" wedge

RUGBY

Rust leather
Camel leather
1-1/2" wedge

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The soft touch. Unlined leather... flexible comfort... and special construction for a fit that feels like it was made just for you!

PREMIERE
Navy leather
Camel leather
1-3/4" heel

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Staten Island Mall

*P*ump perfection. Wing tip
spectator or tear drop
cut-out styling. Finest
leathers... lower heels...
fashioned for perfect fit.

BIMINI

Navy/White leather
1-5/8" heel

TULIP

Bone kidskin
1-5/8" heel

BIMINI

TULIP

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*N*aturalizer® III at its finest. Versatile sandal styling... foot-wrapping cushioned comfort... value-priced for easy buying

CRISS CROSS
White smooth
Bone Ombre smooth
1-3/4" heel

JUNIPER
Bone Ombre smooth
1-5/8" heel

CASSY
Bone smooth
Navy smooth
White smooth
2-1/8" heel

CRISS CROSS

JUNIPER

CASSY

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Macy's
Staten Island Mall

Go sandal, go sling... each is a value and both are delightful to wear. They fit... they flatter... they come in your size!

JACKIE
Camel smooth
Navy smooth
White smooth
1-7/8" heel

REGINA
White smooth
Bone smooth
2-1/4" heel

REGINA

JACKIE

THE NUMBER-ONE AT-HOME CAREER

Do you feel that you have no special skills? Well, there's still a way you can earn a little extra—or even big money—at home. Try person-to-person selling. By JoANNE ALTER



get them into the number-one at-home career.

Take Pam Gruber, for example. This 38-year-old wife and mother started selling six years ago. At the time she was recuperating from injuries she had received in an automobile accident and was wearing a neck and back brace. A veteran TWA flight attendant, she wasn't sure she would be able to fly again.

One day while Pam was shopping at her local supermarket, a woman she knew casually offered her a complimentary facial with Mary Kay skin-care products. When she went to have the facial, Pam says she "fell in love" with the cosmetics. The woman, noting her enthusiasm, suggested Pam might make a terrific beauty consultant herself.

"But for the first few months, I was a crashing failure," Pam laughs, looking back on that period in late 1975 when she signed up with the company.

FACTS YOU SHOULD KNOW ABOUT DIRECT SELLING

- In order to make big money, it is just as important to recruit staff as to sell products.
- As well as commissions, companies offer a variety of lavish bonuses, including trips to Disneyland, jewelry, fur coats and cars.
- 70% of all direct salespeople sell cosmetics.



*C*olorful dress shoe
dazzle! Quality kidskin
leather... pretty
wishbone strap...
new fashion heel.

GYPSY
White Multi kidskin
2-1/4" heel

WALK IN AND WIN

(N A T U R A L I Z E R)

WALK OUT LOOKIN' GOOD

at one of these fine Naturalizer stores.

MAINE

Brunswick

*Senter's
124 Main Street

Kennebunk

*Colonial Shoe Store
38 Main Street
207-985-2216

Portland

*Owen Moore (Intown Portland)
502 Congress Street
207-773-7221

Saco

*Colonial Shoe Store
249 Main Street
207-282-0180

MASSACHUSETTS

Cambridge

Hanover

*Baker Bros. Shoes
Hanover Mall
617-826-4246

Holyoke

Shoes To Boot
Ingleside Mall

Marlboro

*Charles Bigelow Shoes
188 Main Street
617-485-2070

Medford

*Kal's Shoe Store
36 Riverside Avenue
Medford Square
617-395-6266

Salem

*Lally's Shoe Store
173 Essex Street
617-744-4036

South Weymouth

NEW HAMPSHIRE

Laconia

*Melnick's
18 Laconia Mall
603-524-1276

Manchester

*Naturalizer/Footworks
Hampshire Plaza Mall
1000 Elm Street (Downtown)
603-624-0267

Nashua

*Alec's Shoe Store
100 West Pearl Street
603-882-6811

NEW YORK

Albany

*Macy's
Colonie Shopping Mall

Naturalizer Shoe Shop
Colonie Shopping Center

Garden City

New York

Daniel's
30—29 Steinway Street
212-274-3166

Delman-Naturalizer
33—1st Avenue
212-254-4896

Norwich

Standard's Shoe Store
9 South Broad Street
607-334-3511

Oneonta

Zim's Shoe Store
146 Main Street
607-432-0480

Rockville Centre

*Gala Shoes
1785 Grand Avenue (Baldwin)
516-223-3710

Staten Island

Macy's
Staten Island Mall



Comfort shines for Spring! Sexy, dressy shapes... woven uppers... light, bright poly bottoms.

RENO
Camel smooth
2 1/4" heel

CASINO
Bone smooth
2 1/4" heel

RENO

CASINO

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- 70% of all direct salespeople sell cosmetics.

Walkin' Natural™
comfort and the
luxury of kidskin
Woven upper... fully
cushioned insole... light
flexible Kraton® sole.

TOPEKA
Bone kidskin
Camel kidskin
Navy kidskin
1-7/8" heel



WALK IN AND WIN

(N A T U R A L I Z E R)

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207-773-7221

Saco

*Colonial Shoe Store
249 Main Street
207-282-0180

MASSACHUSETTS

Cambridge

*Golden Temple Footwear
Harvard Square
1440 Massachusetts Avenue
617-661-8784

Framingham

*Talcott's
Shopper's World
617-875-4170

Gloucester

*Mark Adrian Shoes
103 Main Street
617-283-4343

Hadley

Shoes To Boot
Hampshire Mall

Hanover

*Baker Bros. Shoes
Hanover Mall
617-826-4246

Holyoke

Shoes To Boot
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Medford

*Kal's Shoe Store
36 Riverside Avenue
Medford Square
617-395-6266

Salem

*Lally's Shoe Store
173 Essex Street
617-744-4036

South Weymouth

*Shoes 'N' Bags
93 Pleasant Street
617-337-3508

Springfield

Steiger's
1477-1479 Main Street
413-781-4211

Waltham

*Grover Cronin
223 Moody Street
617-894-1000

West Roxbury

*Hanon's Shoes
1852 Centre Street
617-323-9496

NEW HAMPSHIRE

Laconia

*Melnick's
18 Laconia Mall
603-524-1276

Manchester

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NEW YORK

Albany

*Macy's
Colonie Shopping Mall

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Colonie Shopping Center

Garden City

Macy's
Roosevelt Field Shopping
Center

Ithaca

Rothschild's Department Store
215 East State Street
607-272-5000

Lake Grove

Macy's
Smith Haven Mall

Massapequa

Macy's
Sunrise Mall

New Hartford

E. Cramer
New Hartford Shopping Center

New York

Daniel's
30—29 Steinway Street
212-274-3166

Delman-Naturalizer
33—1st Avenue
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Norwich

Standard's Shoe Store
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607-432-0480

Rockville Centre

*Gala Shoes
1785 Grand Avenue (Baldwin)
516-223-3710

Staten Island

Macy's
Staten Island Mall

Watertown

Berow & Monroe
144 Court Street
315-788-4560

White Plains

*Macy's
220 Main Street

*Naturalizer Shops
The Galleria Mall
914-946-9824

RHODE ISLAND

Warwick

*Hoxsie Shoe Store
Gateway Shopping Center
1623 Warwick Avenue
401-739-2322

*Phone orders accepted with Master Card or Visa.

NATURALIZER®



Brown Shoe Company, Box 354, 8300 Maryland Avenue, St. Louis, Missouri 63105, a member of Brown Group, Inc.

aged to do as a new consultant—sell more cosmetics and recruit more members.

Soon Pam began developing "offspring directors," promising beauty consultants who have the potential to become directors in their own right, and as her unit grew, so did Pam's income.

Between 1979 and the end of 1980, Pam had developed 15 offspring directors, and was now earning commissions on the sales of over 600 women. As of December, 1980, Pam was the fourth-highest Mary Kay sales leader in the country, with annual sales of over \$800,000. Pam's earnings? Over \$100,000 a year!

Pam Gruber's success story mirrors many of the newest developments in the \$9-billion-a-year direct selling industry. For example, most companies have dropped the phrase "door-to-door" selling and replaced it with the more appealing—and increasingly more accurate—"person-to-person" sales. Today roughly 15% of all direct selling is done the way Pam sells—at parties in one's own or other people's homes. And even at-home sales are likely to be based not on door-knocking but on appointments set up in advance on the telephone.

Pam has also benefited from the biggest problem the direct selling companies share: getting and keeping top-grade personnel. Many people who try direct selling drop out after a few months. Others have full-time jobs they consider their primary work. Virtually all direct sales companies are, therefore, united by an ongoing and almost desperate need to bring in more women and men. As a result, tip-top recruiters like Pam are rewarded with prizes—she has a mink, diamond jewelry and a Cadillac—plus commissions on the output of her recruited staff.

At-home selling does offer the potential for earning either very big money or that little extra. But, before earning a dime, what initial investment must a salesperson make? How important are company training programs? Are there any tricks to succeeding? If you're tempted to consider at-home selling, here's what the major companies require of and offer to their salespeople.

• **The initial investment.** Usually between \$15 and \$75. Avon, for example, charges \$15 for its starter kit. Sarah Coventry asks for a "registration fee" of \$15, but lends each "fashion show director" some 75 pieces of sample jewelry, which she's free to use as long as she's active. Mary Kay's basic beauty kit sells for \$75; however, if a beauty consultant puts in an order for \$800 (retail) worth of merchandise in her first month, she receives \$75 worth of free cosmetics.

After the initial investment, there's the matter of ongoing expenses. Avon representatives must purchase their sales brochures (\$10.20 for 100); samples of demonstration items (55¢ each); and the plastic bags used to package orders (1¢ apiece). Sarah Coventry, Amway (which sells home-cleaning and personal-care products), Mary Kay and Stanley Home Products salespeople must pay for the gifts for host-

esses who hold parties in their homes. And dealers at most companies must pay for all of their shipping expenses until they reach a certain level of sales.

• **Training programs.** Because most companies hold weekly or monthly meetings that salespeople are encouraged to attend, they refer to training as a never-ending process. However, the actual training a new salesperson receives can vary widely. A Stanley Home Products dealer might be taken to one party with his or her unit sales leader, who demonstrates how to conduct a party, present the products and write up orders. Amway dealers are taught by the sponsor who recruited them—there's no formalized training period.

The ongoing sales meetings are also quite diverse. The atmosphere can range from a casual get-together featuring a film show (at most Avon meetings) to a rip-roaring songfest that combines the aspects of a pep rally and a prayer meeting.

Awards often play a big part in the

DIRECT-SALES LEADERS

Here are some of the leading direct sales companies and the latest available figures on their sales volume:

Avon	2.38 billion	1979
Amway	1.1 billion	1980
Tupperware	500 million	1980
Shaklee	411 million	1980
Home Interiors & Gifts	400 million	1980
Encyclopedia Britannica	300 million	1979
Stanley Home Products	214 million	1979
Sarah Coventry	100 million	1975
Mary Kay Cosmetics	91.4 million	1979
Beeline Fashions	62 million	1980

For more information about direct selling, including a free directory listing and giving all pertinent information about members of the Direct Selling Association, write to: DSA, 1730 M Street, N.W., Washington, D.C. 20036.

proceedings. Ribbons, gifts, encouragement and praise are handed out right along with the coffee and doughnuts. In fact, special drawings, door prizes and gifts make up so much a part of most companies' sales meetings that one Tupperware distributor recently commented that when she attends these meetings she feels like she's at a TV game show!

• **Commissions.** These vary from about 30% to as much as 50%, depending on the company and sometimes on the volume of merchandise sold. But even then, as Aileen Van Tyle, vice president of communications at Sarah Coventry, is quick to point out, it's not simply a matter of percentages. Sarah Coventry's fashion show directors earn 30% on the jewelry they sell at home parties. But once they've done their product demonstrations, they're finished; the party's hostess is responsible for distributing the merchandise

to guests. On the other hand, she says, Avon representatives earn more—about 40%—but they must buy all of their samples and spend considerable extra time delivering items to customers.

• **Earnings.** Spokespersons at most companies are quite reluctant to disclose what "average earnings" are for their salespeople. Earnings, they all emphasize, are closely tied to personal efforts. Nevertheless, when pressed, some companies did come up with these estimates: Avon, \$10 per hour; Mary Kay, \$50 for a two- to two-and-a-half hour party (based on \$100 in sales); Fuller Brush, \$6 to \$8 an hour; Sarah Coventry, \$50 for a three-hour party (based on \$150 in sales); and Stanley Home Products, \$25 for a two-hour party (based on \$75 in sales).

Earnings are a reflection both of time and sales. You can put in many hours per week, but in the end, *no orders* means *no income*. According to the Louis Harris survey, only 8% of all salespersons put in 30 hours, and only 11% earned over \$100 a week.

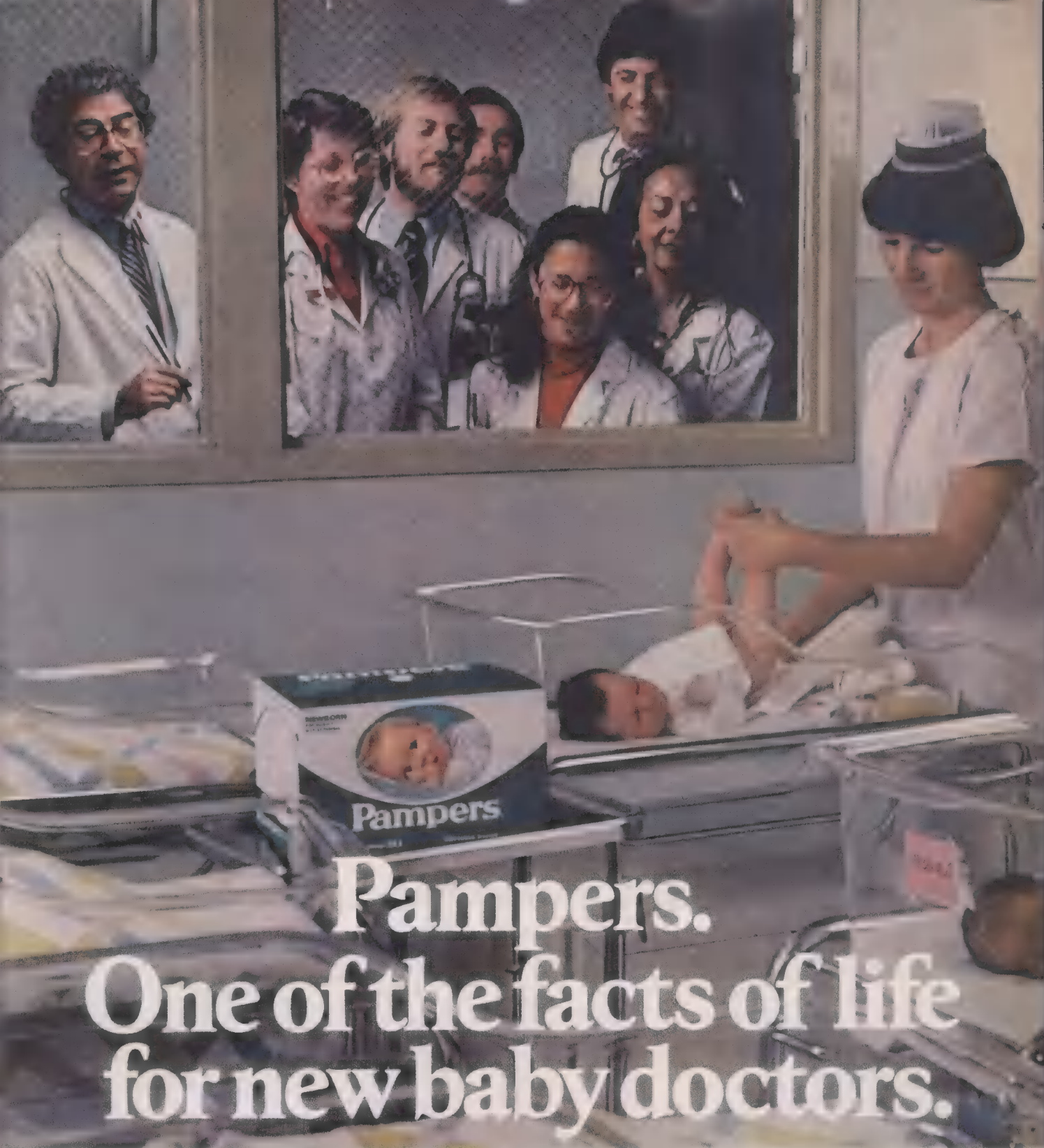
• **Quotas and territories.** Direct-selling companies don't like the term "quota." Rather, they say, their people are "encouraged" or "expected" to sell a certain amount in a given period of time. For example, Avon "encourages" representatives to place orders of at least \$100 at a time; if they order less, they must pay an additional \$3 service charge. Sarah Coventry "prefers" that its fashion-show coordinators run two shows within three weeks, but "expects" them to do at least one show a week.

Although most companies don't assign territories, Avon and Fuller Brush are exceptions. Avon assigns territories that consist of about 150 houses. Fuller Brush representatives start with at least 500 houses and can later add to their territories if they wish. But companies like Amway, Mary Kay and Stanley Home Products encourage their salespeople to sell everywhere they can. Some of the most successful Mary Kay directors have consultants in cities ranging from New York to Florida.

• **Emphasis on recruiting.** "That's the name of the game," says Richard Benner, executive vice president of the Fuller Brush Company. Managers at all companies have as their principal responsibility the recruiting and training of new salespeople, says Benner, a former Avon executive. At companies like Mary Kay, advancement to management level is based largely on the number of recruits a beauty consultant brings in. Clearly, those who hope to make it into the elite fur and diamond circle have to count on building a small empire of beauty consultants.

• **How they sell.** Each company devises specific ways in which its salespeople present their products. Casual "get-acquainted" remarks, tips on how to display, model or apply products, and even pointers on how to ask questions of customers in such a way that you always get a positive response are covered in detail in company sales literature and training sessions.

At a typical product party, the representative usually sets up a display of



Pampers. One of the facts of life for new baby doctors.

A lot of doctors who visit hospital nurseries these days discover that more hospitals use Pampers® than any other diaper. Pampers help keep clothing and bedding dry, so they save on laundry. More important to you, Pampers quilted lining helps keep your baby's tender bottom dry. When you're choosing a diaper, consider what the hospitals use. A dry fact to your doctor can be a joy to your baby.



More hospitals use Quilted Pampers than any other diaper.

merchandise on a table in the hostess's dining room or den, about 15 minutes before the guests arrive. Once everyone has arrived, she thanks the hostess, says a few words about the company and about how well it backs its products, and—as she's handing out order blanks and pencils—talks about how much she enjoys her work (to encourage prospective recruits). Then she demonstrates each item and encourages guests to check off the items they like.

Sometimes, women who run parties lead simple games or have door-prize drawings or quizzes to get everyone in the party mood, or to break up the two to three hours of selling into smaller periods of time, so guests won't get bored or fidgety. And always, at the end of the party, the salesperson invites guests to come up to the table to look at the items once again, to ask questions, or get help in completing their order sheets—and, of course, to talk about having a party in their own homes. After the party is over, the salesperson adds up to the total amount of merchandise sold, and on the basis of that figure, presents the hostess with merchandise, cash or credit toward larger gifts if she plans to hold additional parties.

When a representative travels from house to house instead of working at pre-arranged parties, making a sales presentation is usually harder. First she must be invited in. To make this easier, she may arrive at the door bearing gifts, in the form of small sample packages. Since traveling around with heavy cases of household cleaning products or perishable houseplants would be next to impossible, person-to-person salespeople rely on only a few demonstration items, plus colorful brochures and catalogues, which contain the complete line of for-sale items and which they usually leave with their prospective customers. However, if all goes well during a so-called "cold canvass" presentation, the salesperson is in and out of the customer's house—with written order in hand—in under 20 minutes.

• **When it doesn't work out.** Why is the turnover rate so high for direct selling salespeople? Betty Graves of Avon pinpoints key reasons common to the entire direct sales industry: "Our sales force always swells just before Christmas," she explains. "That's when people are inclined to buy cosmetic gift items, and that's when many of our representatives want to buy these items for themselves and take advantage of the discount." During the rest of the year, she adds, a very high proportion of Avon representatives are part-timers with short-term goals: "I'll only work until I can afford a color TV." Others decide that they don't like selling, and stay with it only a short time.

Sharon Williams of Huntington, N.Y., is a former Avon representative who recently became a turnover statistic. Like many other women, Sharon decided to sell Avon products "to make a bit of money for myself." But she was soon dissatisfied. "What I liked was getting discounts of 25% to 45% on things I already bought; I like cosmetics and jewelry." What she didn't

like was almost everything else. "I objected to having to pay for the brochures, samples and the plastic bags I handed out. I also found it hard to get in to see people. They would answer the door and talk down to me. It was very embarrassing. And I had problems collecting money. People would say, 'That's not the color lipstick I ordered,' and then I'd be stuck."

• **What it takes to succeed.** The more time and effort you put in, the more you stand to gain, but other factors also seem to influence direct-sales success. Here are some pointers for the prospective salesperson:

□ **Know why you're going into selling.** Women choose direct sales for many different reasons. Consider your own goals so that you can measure your progress not only in terms of other people's success but according to your own personal objectives.

□ **Check out the company before you sign up.** You'll want to know company policies on initial investments, training, territories, sales quotas and commissions. Check whether the firm is a member of the Direct Selling Association, an organization, composed of about 140 companies, which has established a strict code of ethics for its members. If it isn't, ask your Better Business

Bureau for information about the company. Find out all you can about the products you plan to sell and particularly about product guarantees. Talk to several salespeople about their earnings and their experiences with the company. And never sign up with any firm that asks you to invest more than \$100 in merchandise or that requires you to "buy in" and sell distributorships to recoup your investment.

□ **Give selling a reasonable chance.** According to the Louis Harris survey, if a salesperson lasts one year with a company, chances are she'll stay on. Building up a clientele takes time.

□ **Recognize where the big money lies.** While selling lots of nail polish or furniture wax can bring in good, steady paychecks, top income requires both sales and recruiting, with a heavy emphasis on the latter. If you don't plan to recruit others, be realistic about your own earning potential.

□ **Adopt a positive attitude.** If there's one element absolutely essential to direct-selling success, it's enthusiasm—for the products you're selling, for the company you represent, for the chance to get out and meet new people. Pam Gruber sums it up this way: "You can do everything wrong—but if you have the right attitude, you'll succeed!" ■

WOMAN'S WORLD

From page 2

he was informed gently, would cost a small fortune by the time he was ready in 1993. With six other educations to finance, it could prove an impossible dream.

No matter, Kebe figured. He'd earn it himself. Oh, none of your nickel and dime lemonade stands. No penny ante paper route. Inflation dictated the need for a *serious* enterprise. Now, the family did own a commercially-zoned building in downtown Ft. Worth, he reasoned. And when the Texas sun turned those sidewalks into one giant griddle, nothing tasted better than a creamy sweet vanilla glacier as it slid down a parched throat.

Again, sound logic. But no one was prepared for the precocious business skills Kebe displayed once his parents helped him set the project in motion. Cindy Hight spent hours experimenting with recipes for flavors that Kebe tasted and named, among them "Milky Way," "Kebe's Cookie" and "Coco-nut Cheesecake." Once the store was set up with its nine ice-cream makers and gleaming counter, all nine family members set to work cranking out and dispensing some 90 quarts a day of the rich, homemade confections.

The store ownership is in Kebe's name, and he takes his responsibilities seriously, preparing detailed work charts for the other children and putting in four to five hours himself each day after school.

"Taking orders from your kid brother is a little strange at first," says Nick, 17. "But I have to admit, ol' Kebe knows his business."

Now the enterprise is run entirely by the children. And an enthusiastic cli-



The Hight Family Scoopers (back row, from left): Carol, Nick, Stephanie; Tripp, center; bottom, Pete, Tyler and "Kebe."

entele ups Kebe's scholarship account as the mercury soars. Though all family members share in the profits, Kebe insists he is the most serious about maintaining a nest egg. "I scooped a lot of cones," he says soberly, "and I sure am socking it away."


As to the more practical aspects of his medical career, Kebe notes that elementary school science isn't quite up to "real biology and dissecting frogs and stuff." But a trained practical eye is ever vigilant.

"I chop up some worms and stuff for fishing," he says. "And I take a real close look before I chuck it into the water." ■

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

1 mg. "tar," 0.7 mg. nicotine av. per cigarette by FTC Method.

© 1994 B&W T Co.

A woman with blonde, wavy hair is looking directly at the camera. She is holding a white cigarette in her right hand, which is raised towards her face. She is wearing a blue top. The background is a soft-focus outdoor scene with green foliage.

Golden Lights. You really know you're smoking.

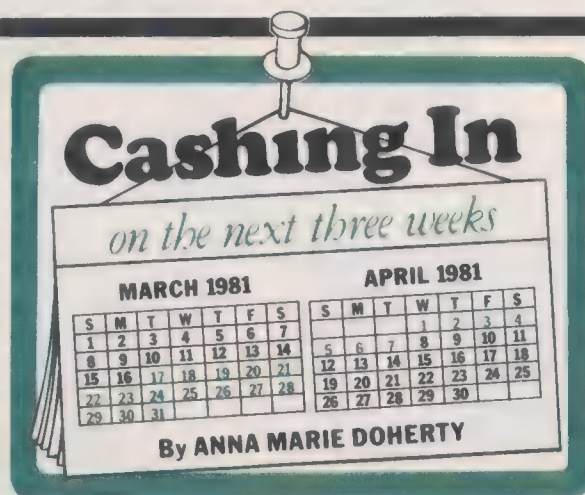
Give up double digit tar. But don't give up the pleasure.

Kings and 100s.
Regular and menthol.

A close-up of a Golden Lights cigarette pack. The pack is tan with a dark blue vertical stripe on the left side. The brand name "Golden Lights" is printed in a large, dark blue serif font. Above the name is a small logo consisting of three stylized, dark blue shapes arranged horizontally.


**Golden
Lights**

The arrival of spring inspires a surge of ambition in all of us. As the earth rejuvenates itself, what better time is there to get going with decisions and chores already too long delayed. Financially? Finding more ways to save money—right now—and that includes taking advantage of hot-off-the-press tax breaks for the 1980 return. Personally? Protecting home and family every which way you can. Around the house? Letting the big spring cleanup include at least one do-it-yourself home repair you'd ordinarily pay to have done. Here's some advice that will save you money and make your tasks easier.



UPDATED 1980 TAX BREAKS

Last-minute rulings from the Internal Revenue Service (Taxpayer Service Division) affecting 1980 income tax returns:

- Those eligible for an IRA (Individual Retirement Account) can claim deductions (\$1,500 limit) *right up to this year's April 15 filing date* on their 1980 tax return (or until June 15, if they have filed Form 4868 to obtain an automatic extension).

- Unmarried taxpayers claiming "head of household" filing status must list the names of the qualifying dependents or children in order to avoid refund delay. Even though dependent parents may live elsewhere, the taxpayer can claim them, if he paid more than half the cost of keeping up their home. *Note:* "Unmarried" includes the single, legally separated, divorced and widowed, who provide more than half the cost of maintaining a home for dependents.

- Retirees who want to avoid those bothersome estimated tax payments four times a year can file a special withholding statement to have tax withheld from annuity checks. Obtain form W-4P, "Annuitant's Request for Federal Income Tax Withholding" by calling the IRS forms/tax information number in your local telephone directory.

DON'T PUT IT OFF AGAIN!

One of the traditional rites of spring is hauling out all the important papers you squirreled away for tax time. And there you find the list of urgent "to do's" that never got done! Family protection decisions oughtn't wait much longer. Within the last two years have you...

...Queried your insurance broker about the amount of your homeowner's coverage. At today's inflated replacement costs the old figures probably aren't sufficient to cover catastrophe. Because of the increase in precious-metal burglaries, I asked the Insurance Information Institute about coverage for gold jewelry and silver tableware. They

suggest itemized coverage, if you hope to get back anything near the value of the items that might be stolen. The rate is \$1 to \$3.50 per \$100 worth of the items' value.

...Updated your Will for your family's sake (making sure you've appointed a guardian for under-age children). According to Internal Revenue, the state you live in may levy light to severe tax penalties against your estate, if you are foolish enough to die without a Will to protect your family.

...Estimated the savings/plus retirement benefits income for you and spouse. It's crucial to save while you have a regular paycheck, and to take advantage of every income-building option your employer offers to fatten the retirement kitty. Dr. Jack Ossofsky, executive director of the National Council On Aging, told me that "I could have saved, I should have saved," is the lament most often heard from the elderly who have barely more than their Social Security checks to live on.

FIVE WAYS TO SAVE MONEY, NOW!

Some corners to cut that save dollars instead of pennies.

1. Destroy your credit cards if you find you're using them primarily for lots of small impulse purchases which cost you high and higher interest when paid over a long period.

2. Don't use your car if public transportation is cheaper, and don't take public transportation if you can possibly walk. According to exercise physiologist Dr. Mel Williams, director of the Human Performance Laboratory at Old Dominion University in Norfolk, Va., walking one hour a day will eat up 150-165 calories. But more importantly, walking makes the heart more efficient, in that it reduces the heart rate while increasing the volume of blood that reaches the heart. A whopping dividend on your savings!

3. If you work outside the home, brown-bag it. And that goes for coffee breaks as well as lunch. Eat discreetly at the desk, then walk off the calories.

4. Continue fighting food-flation with cents-off coupons clipped from newspapers, magazines and store flyers. In this issue of FAMILY CIRCLE the coupons add up to a whopping \$2.09!

5. Plan weekly menus, using plentiful foods and advertised specials. Make a shopping list based on that menu, adding household needs only. Stick to that list and shop on a full stomach to avoid impulse purchases. Menued meals avoid expensive pickup dinners from take-out places, too.

SPRING REPAIRS YOU CAN DO YOURSELF

Wallpapering: It doesn't require genius—just patience. I found that working with a helper takes the fear out of it. How much to buy? A single roll (any width) covers 30 feet of wall space. Multiply the wall height by the distance around the room in feet; then divide by 30 to obtain the number of rolls. Subtract ½ roll for each normal-size window and door. This is the number of rolls to buy. For illustrated directions, send 50¢ for "How To Hang Wallcoverings" to: National Decorating Products Assoc., Editorial Dept. FC, 9334 Dielman Industrial Dr., St. Louis, Mo. 63132.

Recovering Upholstered Furniture: One afternoon last year here in Family Circle's lobby, associate editor Josephine Neri and I recovered a loveseat to test the staplegun method. It was fast, easy, fun, looked professional, has proven durable and saved a big reupholstery bill! We found the best how-to's in "Staple Gun Upholstery Shortcuts," (price, 50¢), Duo-Fast Corp., Dept. FC, P.O. Box 1148, Elkhart, Ind. 46514.

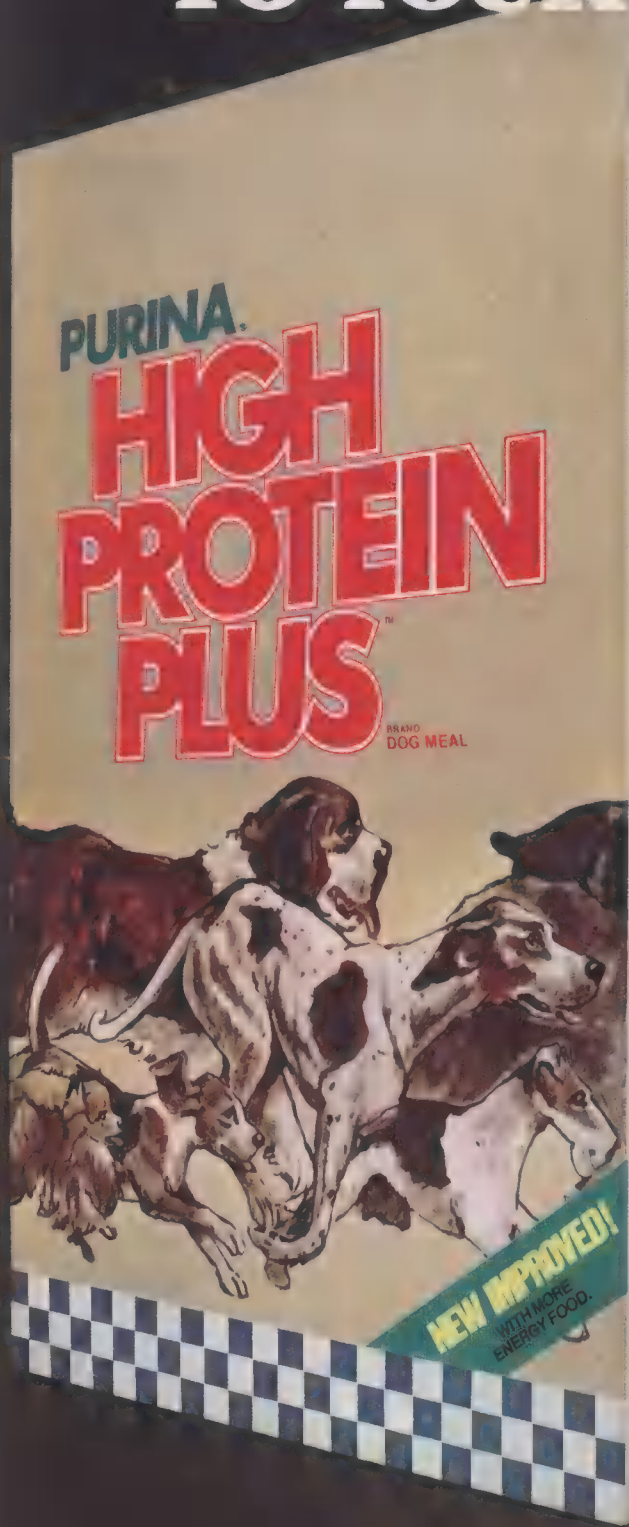
Carpet Cleaning: Which do-it-yourself shampoo methods should you use? Or, is dry-cleaning with granules best? For answers and complete how-to's, plus spot-removal chart for 53 different stains, send for (single free copies only) "How To Care For Your Carpet," Armstrong, Dept. FC, P.O. Box 3001, Lancaster, Pa. 17604.

SAVVY SHOPPING

Look for seasonal promotions on spring cleaning, painting and repair supplies at home centers and hardware stores. Garden shops are advertising specials on pesticides, seed, fertilizers and spreaders, too.

Note: An EPA regulation passed in 1979 requires that many home-use pesticide containers shipped after March 9, this year, have child-resistant closures. John B. Carroll, vice president, Closure Committee, Glass Packaging Institute, reports that this ruling affects insecticides, rodenticides, fungicides, herbicides and disinfectants. So be sure to look for child-proof containers when you buy on-sale supplies of these products.

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LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

184E 184E
COUPON EXPIRES APRIL 30, 1982
Ralston Purina Company, 1981

SEW A NONSTOP DRESS

By SANDRA STERN

Dress it up, dress it down, wear it at home or to the city—our nifty nonstop dress (Stretch & Sew pattern 1555) is perfect for the many different women you have to be. And at a low \$25 to make, it's really the best bargain around! The soft pastel stripes and body-skimming shape are flattering on almost anyone; the nubby polyester/cotton knit fabric will take you through spring right into warmer weather. In fact, once you start wearing it—to the PTA, office, supermarket, dinner on the town, whatever—you'll wonder how you ever got along without it. Here, just five of the many ways to use it: (1) Simply great with only a scarf and belt; (2) layered over a T-shirt (pretty head scarf echoes the soft pastel tones); (3) paired with a matching V-neck jacket (Stretch & Sew pattern 639) for a sporty, comfortable suit; (4) as a jumper worn over a cotton turtleneck; and (5) unbelted, with a cardigan, it takes on a different look entirely. For information about fabrics or patterns, call Stretch & Sew toll-free, 800-547-2515. For back views, see page 31



SEE BUYER'S GUIDE, PAGE 31 STUART LEE KIRCH

HERE'S YOUR TICKET TO THE GREAT TASTE OF MOVIE THEATER POPCORN.

WEAR-EVER POPCORN PUMPER



Now you can enjoy the great taste of movie theater popcorn and get a \$3.00[®] rebate on the Wear-Ever[®] Popcorn Pumper[®]—the first electric home corn-popper to use hot air instead of hot oil.

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- Buy a Wear-Ever Popcorn Pumper between March 1 and May 31, 1981. Purchases after May 31, 1981 are invalid.
- Enclose this completed coupon, your dated sales slip (with purchase price circled) and carton model number or proof of purchase seal from the Use and Care Folder of the Wear-Ever Popcorn Pumper, postmarked on or before June 15, 1981.

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Address _____

City _____ State _____ Zip _____

Limit one rebate per family. Please allow four to six weeks for delivery. Offer void where prohibited by law. Offer good in U.S. only.





FC4181

Wear-Ever also makes cookware with DuPont's premium quality surface.

QUICK MEALS

On a tight schedule but still want to serve something special for dinner? Our fabulous quick meals taste like you spent all day in the kitchen, yet take an amazingly short time to prepare. For instance, you can impress your family or guests with miniature Crunchy Meat Loaves in a Mandarin Orange Sauce (below). Or try our Plantation Skillet, an unusual combination of chicken, sweet potatoes and vegetables. Recipes begin below. By MABEL HOFFMAN

NOTE: Recipes are coded as follows:

-  Company Dish
-  Money-Saving Recipe
-  Quick & Easy Recipe
-  Low-Calorie Recipe

CRUNCHY MEAT LOAVES

Destined to become a favorite with family and friends, these individual meat loaves with an Oriental touch owe their crunch to water chestnuts and their sauce to a combination of mandarin oranges and green onions.

Bake at 375° for 30 minutes.
Makes 6 servings at 96¢ each.

- 2 eggs
 - 1/4 cup packaged bread crumbs
 - 1 can (8 ounces) water chestnuts, drained and finely chopped
 - 1 teaspoon salt
 - 1/8 teaspoon pepper
 - 1/4 teaspoon garlic salt
 - 1 pound ground round
 - 1/2 pound lean ground pork
 - 1 cup chicken broth
 - 1 tablespoon cornstarch
 - 1 tablespoon brown sugar
 - 2 tablespoons soy sauce
 - 2 tablespoons chopped green onion
 - 1 can (11 ounces) mandarin oranges, drained
 - 1 tablespoon toasted sesame seeds
1. Beat eggs until frothy in a medium-size bowl with bread crumbs, water chestnuts, salt, pepper and garlic salt. Add ground meats; mix well. Form into 6 oval-shaped loaves. Place loaves in a 13x9x2-inch pan.
 2. Bake in a moderate oven (375°) for 20 minutes.
 3. While loaves are baking, stir chicken broth into cornstarch in a small saucepan. Add brown sugar, soy sauce and green onion. Cook, stirring constantly, until slightly thickened. Add mandarin oranges.
 4. Remove pan of meat loaves from oven after 20 minutes baking. Spoon sauce over partially cooked meat loaves in pan. Return to oven. Continue baking another 10 minutes.
 5. At serving time, arrange loaves on deep platter; sprinkle with sesame seeds. Nice with a packaged rice pilaf and an angel food cake topped with cocoa whipped cream.

To page 29



THAT DON'T TASTE QUICK

New livelier taste!



New improved Salad Crispins® tastes better than ever before. Now we've added cheese-flavored croutons to a delicious combination of selected vegetable and meat flavors, plus our special blend of herbs & spices. The only complete salad topping just topped itself.

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Why spray your hair when you can "Wellaflex" it?

Margaret Wallace,
former Miss World



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Problem: Ordinary hair sprays hold your hair too stiff or have "softeners" that let you down.
Solution: Wellaflex Hair Net blends positive holding action with the conditioning care of Provitamin B5 and plant protein to hold your style firmly, yet with the look and feel of lively, natural hair! And, for a beautiful set, try Wellaflex Setting Lotion.

Don't just spray...Wellaflex your hair with the flexible hold that won't let you down.

ALSACE KABOB DINNER

A combination of hearty German foods with American shortcuts to save time.

Makes 4 servings at \$1.20 each.

- 1 pound smoked sausage link (Kielbasa)
 - 1 can (16 ounces) small white onions, drained
 - $\frac{1}{2}$ cup currant jelly
 - $\frac{1}{4}$ cup apple juice
 - $\frac{1}{8}$ teaspoon ground cinnamon
 - $\frac{1}{4}$ teaspoon prepared mustard
 - 1 large cooking apple, pared, quartered, cored and finely chopped
 - 1 can (16 ounces) sauerkraut, drained and rinsed
 - $\frac{1}{3}$ cup dry white wine
1. Cut sausage crosswise into 1-inch diagonal slices. Arrange slices of sausage alternately with onions on four 10- or 12-inch skewers.
 2. Combine jelly with apple juice, cinnamon and mustard in a small saucepan. Heat, stirring constantly, over low heat until jelly melts. Brush sauce over kabobs.
 3. Broil until edges of meat begin to brown. Turn; brush other side and broil until it begins to brown.
 4. Combine apple, sauerkraut and wine in a medium-size saucepan. Cover; simmer until apples are tender, about 10 minutes.
 5. To serve, spoon sauerkraut mixture on warm platter. Arrange broiled sausage skewers on top. Nice with buttery mashed potatoes and gingerbread.

PLANTATION SKILLET

A colorful mixture of traditional Southern foods is presented in a quick and easy stir-fry dish.

Makes 6 servings at 68¢ each.

- $\frac{1}{4}$ cup vegetable oil
 - $\frac{1}{2}$ pound broccoli (about $\frac{1}{3}$ bunch), trimmed, stems pared, and cut into diagonal slices ($\frac{1}{8}$ -inch thick)
 - 2 chicken breast halves, skinned, boned and cut into strips about $\frac{1}{2}$ -inch wide (1 $\frac{1}{4}$ pounds)
 - 4 chicken thighs, skinned, boned and cut into strips about $\frac{1}{2}$ -inch wide (1 pound)
 - 2 medium-size sweet potatoes, pared and cut into $\frac{1}{8}$ -inch thick slices ($\frac{1}{2}$ pound)
 - 1 cup fresh or frozen whole kernel corn
 - $\frac{2}{3}$ cup orange juice
 - 1 tablespoon cornstarch
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{1}{8}$ teaspoon ground allspice
 - 1 tablespoon honey
 - 1 tablespoon soy sauce
 - 1 tablespoon dry white wine
1. Heat oil in a large skillet or wok. Add broccoli, chicken breasts and thighs. Cook and stir over high heat about 1 minute. Add sweet potatoes and cook another several minutes. Finally, add corn; stir and cook about 1 minute.
 2. Stir orange juice into cornstarch in a small bowl. Add salt, allspice, honey, soy sauce and wine.
 3. Pour sauce over mixture in skillet or

wok. Cook and stir until sauce thickens slightly and vegetables reach the desired degree of doneness. Nice with rice and a salad-dessert combination of fresh pineapple and papaya.

TORTILLA BAKE

These flavors may be borrowed from South of the Border, but the dish fits into any busy life-style.

Bake at 350° for 30 minutes.

Makes 6 servings at 55¢ each.

- 5 corn tortillas (6-inch diameter), cut into quarters
 - 6 ounces chorizo or pork sausage (about 3)
 - 1 small onion, chopped ($\frac{1}{4}$ cup)
 - 3 eggs
 - 2 cups milk
 - $\frac{1}{4}$ teaspoon salt
 - 4 ounces sharp Cheddar cheese, shredded (1 cup)
 - 1 can (8 ounces) whole kernel corn, drained
 - $\frac{1}{4}$ cup seeded, chopped, canned green chilies
1. Grease a 1 $\frac{1}{2}$ -quart shallow baking dish. Line quartered tortillas on bottom and sides of dish.
 2. Remove casing from chorizos or sausage. Brown chorizo or sausage with onion in a small skillet; pour off fat.
 3. Beat eggs in a medium-size bowl. Add milk, salt, cheese, corn and chilies. Stir in cooked, drained chorizo or sausage. Spoon egg mixture into tortilla-lined dish.
 4. Bake in a moderate oven (350°) for 30

minutes or until firm in center. Nice with avocado-grapefruit salad and lemon or lime sherbet.

ASPARAGUS PIE

A pinwheel of asparagus spears atop a delightful sour cream, double-cheese mixture.

Bake at 350° for 30 minutes.
Makes 6 servings at 75¢ each.

- 1 package (8 ounces) frozen asparagus spears
- 2 eggs
- 1 cup cottage cheese
- ¼ cup (½ stick) butter or margarine, melted
- ¼ cup flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup dairy sour cream
- 1 tomato, peeled and thinly sliced
- ¼ cup grated Parmesan cheese

1. Cook asparagus just until tender; drain. Arrange in spoke design on bottom of well-greased 9-inch pie pan. (If asparagus is more than 3½ inches long, allow tips to extend up sides of pan.)
2. Beat eggs until frothy in a medium-size bowl. Add cottage cheese and butter; beat until almost smooth. Mix in flour, baking powder and salt. Stir in sour cream.
3. Pour filling into asparagus-lined pan. Arrange tomato slices on top. Sprinkle with cheese.
4. Bake in a moderate oven (350°) for 30 minutes, or until firm in center. Let stand in pan 10 minutes. Cut into wedges; serve warm. Serve with sliced baked or boiled ham and peach crisp.

SKILLET MOUSSAKA

All the delicious ingredients of the fabled moussaka are together in this quick-to-fix skillet dish.

Makes 6 servings at 60¢ each.

- 1 medium-size eggplant
- 2 tablespoons flour
- 1 pound lean ground lamb or beef
- 1 medium-sized onion, chopped (½ cup)
- 1 clove garlic, crushed
- 1 can (8 ounces) tomato sauce
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon leaf oregano, crumbled
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 egg yolk, lightly beaten
- 1 cup milk
- 4 ounces Monterey Jack cheese, shredded (1 cup)
- Chopped parsley

1. Pare eggplant; cut into ½-inch cubes. Coat with 2 tablespoons of flour.
2. Cook meat slowly in a large skillet until no pink remains. Add onion, garlic and cubed eggplant. Cook and stir over moderate heat several minutes or until eggplant begins to soften. Stir in tomato sauce, salt, pepper and oregano. Simmer for 5 minutes.
3. Melt butter in a small saucepan; stir in remaining 2 tablespoons of flour.
4. Combine beaten egg yolk with milk in a small bowl. Add to butter mixture. Cook and stir over low heat until sauce is slightly thickened.
5. Stir hot sauce into meat mixture; sprinkle with cheese. Cook over low heat

until cheese melts. Sprinkle with chopped parsley. Nice with tossed salad with feta cheese; lemon instant pudding in graham cracker tart shells.

CHICKEN BREASTS ROYALE

A divine sauce of mushrooms and cream covers these tarragon-flavored chicken breasts.

Makes 8 servings at 81¢ each.

- 2 slices bacon
- 8 chicken breast halves (about 2½ pounds), skinned and boned
- ¼ cup (½ stick) butter or margarine
- ¼ teaspoon leaf tarragon, crumbled
- ¼ pound mushrooms, chopped (1 cup)
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 egg yolks
- 1½ cups light cream
- 2 ounces Swiss cheese, shredded (½ cup)

1. Cook bacon in a large skillet until crisp; drain on paper toweling; crumble. Pour off bacon fat from skillet; wipe out with toweling.
2. Pound chicken breasts between two pieces of wax paper until they are about ¼-inch thick.
3. Heat butter or margarine with tarragon in same skillet. Sauté chicken breasts, part at a time, for 3 or 4 minutes, turning once. Remove pieces as they cook to a large shallow baking pan or dish. Add mushrooms, cooked bacon, salt and pepper to fat remaining in skillet. Cook, stirring, 1 minute; remove from heat.

CREAM PIE VS.



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because

there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.



4. Beat egg yolks with cream in a small bowl just until blended; add to mushroom mixture. Return skillet to low heat. Cook, stirring constantly, until thickened, about 5 minutes. Pour sauce over chicken breasts in pan. Sprinkle with cheese. Place under broiler, about 5 inches from heat and broil until bubbly. Nice with lemon-buttered broccoli and fresh pears poached in wine.

SHORTCUT PORK SATE

The hot and spicy sauce borrows its invigorating flavors from Indonesian cuisine. Makes 6 servings at 64¢ each.

- thin pork chops (1 1/4 pounds)
 - 1 tablespoon vegetable oil
 - 1/2 cup peanuts
 - 1 tablespoon honey
 - 2 tablespoons soy sauce
 - 1 clove garlic, peeled
 - 1/2 teaspoon coriander seeds
 - 1/4 teaspoon dried red pepper flakes
 - 1/2 cup chicken broth
 - 1 large orange, peeled and sliced
1. Brown chops slowly on both sides in hot oil in a large skillet allowing about 1/2 minutes on each side. Pour off fat.
 2. Combine peanuts, honey, soy sauce, garlic, coriander seeds, red pepper flakes and chicken broth in container of electric blender; cover. Whirl until almost smooth.
 3. Pour blended sauce over browned chops in skillet. Cover and simmer over low heat for 15 minutes or until tender.
 4. To serve, spoon sauce over chops; top each with slice of orange. Nice with cooked rice and strawberries to dip in dairy sour cream, then brown sugar. ■

Buyer's Guide

Sew a Nonstop Dress

Page 24—Scarves, Echo; Belts and Bags, MM by Morris Moscovitz. (Left): Trifari earrings. (Top right): Gold bracelet by Ciani. (Second right): Spiedel necklace. For fabric and pattern information write: Stretch and Sew, Inc., P.O. Box 185, 220 S. Seneca Rd. Eugene, Ore. 97402 or call toll-free, 800-547-2515.

Quick Meals That Don't Taste Quick

Page 26—Stoneware platter and small dish, "Zephyr" pattern b6 from Johnson Brothers, 41 Madison Ave., New York, N.Y. 10011. Handmade reproduction of famous 1860 Beehive clock by Brewster in honey walnut finish with brass fittings manufactured in England by Georgian Lighting Studios, Inc., 41 Madison Ave., New York, N.Y. 10011.

The Family Circle Wonder Loom

Pages 68-69—Rialto-Bast Artificia! Rafia, available from Art Needlework Treasure Trove, Box 2440, Grand Central Station, New York, N.Y. 10017. Pompon makers from Susan Bates.

Furniture Classics

Pages 88-91—Coffee Table/Bench: Fulcolor "Tapestry" and "Red Cherry" paints by Fuller-O'Brien Paints, 450 E. Grand Ave., South San Francisco, Calif. 94080; Hutch: "Golden Oak" and polyurethane Wood Finishes by Minwax®, Minwax Co., Inc., Box 955, Clifton, N.J. 07014; flower arrangement by Bill's Flower Market Inc., 816 Ave. of the Americas, New York, N.Y. 10001; Corner Cabinet: Provincial Color Glaze in "Turkey Red" and "Colonial Blue" by The Martin-Senour Company, 1370 Ontario St., Cleveland, Ohio 44113; Tavern Table: "Fruitwood," "Cherry," and "Special Walnut" Wood Finishes by Minwax®, Minwax Company, Inc. ■

SEW A NONSTOP DRESS

Back views and yardages for patterns shown on page 24. All patterns from Stretch & Sew. All yardages based on 32" bust and 34" hip.

#1555

Cap Sleeve Dress, view C.



Requires 1 1/8 yds. of 60/62" fabric and two bands of 3" x 40/41" ribbing.

#639

Cardigan, view B.



Requires 1 1/2 yds. of 60/62" fabric and two bands of 3" x 40/41" ribbing. ■

HOMEMADE QUILT

When sewing a quilt, I buy an inexpensive acrylic blanket to use as insulation. It costs a little more than the packaged batting, but holds the shape much better both during sewing and when the finished quilt is in use.—JOYCE GREENE, Los Angeles, Calif.

DREAM PIE

Coconut Dream Pie...as simple as a, b, c.

- 2 envelopes DREAM WHIP® Whipped Topping Mix
- 2 3/4 cups cold milk
- 1 teaspoon vanilla
- 2 packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
- 1 1/2 cups (about) BAKER'S® ANGEL FLAKE® Coconut
- 1 baked 9-inch pie shell, cooled

- a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining 1 1/4 cups milk and the pudding mix.
- b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.
- c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.



WANTED: A ROOMMATE, AGE 65 OR OVER PREFERRED



The heartwarming story of how a group of hard-pressed senior citizens have found a way to keep what they most treasure—their independent life-style. By JOSEPH N. BELL



(Top) Sarah Epstein and Cele Goldman return home with groceries. **(Left)** Sarah hooks while Cele (above) cooks. **(Above, left)** Janet Witkin, whose bright idea has kept them and others out of institutions.

When Sarah Epstein's children moved her into an "active retirement home" three years ago, her son told her, "Mother, you've worked a lifetime; now let them wait on you." And her daughter added: "You won't have to cook or clean; they'll do everything for you."

Sarah wasn't overjoyed at the prospect. She *liked* to cook and clean, even though she was 74 at the time and given to intermittent spells of poor health.

The children's decision to move her from her apartment—where she lived alone—to the retirement home had been hastened considerably by a bad fall. Sarah was on a chair washing her walls when the phone rang; in her haste to get to the phone, she fell off the chair. It was typical of Sarah that she crawled to the phone and answered it—not the sort of act or spirit that fits well with the indolent life in most retirement institutions.

"It was a lovely, beautiful place," says Sarah of her first retirement home, "but it wasn't for me. I just couldn't stand it. There was no place to go, nothing to do but just sit around. And I lost too much weight, because I didn't like the food."

So she had shifted to another retirement complex and stuck it out there—still restive—for almost a year, until a place opened up for her at the lifetime care home Sarah's children had selected for her originally. She spent three weeks in that "lifetime home," retreating just before her month's grace period expired and she would have had to give up her life savings. "You had to be there three years to get a room by yourself," she recalls, "and none of the roommates got along. It was awful. Food was a big problem there, too. It not only wasn't good but there wasn't enough of it. It was served off a turnstile and the last person got almost nothing.

I used to cry all the time, but my daughter kept saying I'd get used to it and it would feel better after a while."

Sarah didn't want to take that chance, so she went back to the second retirement home and began looking around for any other possible solutions to her housing and life-style needs. That's when she first heard about Housing Alternatives for Seniors, a tiny storefront operation on the west side of Los Angeles created to meet precisely the kind of problem that Sarah was facing.

Eighty-three-year-old Cele Rice Goldman had a similar problem—for different reasons. When Cele's second husband died in 1978, she continued to live in the Los Angeles apartment they had shared. She was in good health and combatively protective of her independence. She had no desire or intention to move in with any of her five children. Her squeeze was economic. About a year ago, after a steady succession of rent raises, the pinch on Cele's pocketbook grew so severe that it became clear she would either have to modify her independent life-style or find some source of help. And that's what brought her to Housing Alternatives for Seniors.

Housing Alternatives for Seniors is far less formidable than its name suggests. What it is, actually, is a matchmaking service—or, if you prefer, a roommate service. Its mission is to set up home-sharing arrangements for elderly people who aren't able to continue to live alone, but who treasure their independent life-style—strong, spunky people like Sarah Epstein and Cele Goldman, who would never be happy in an institutional setting, but who would be willing to team up with a compatible roommate.

The operative word here is "compatible." And that's where Housing Alternatives and its remarkable director, Janet Witkin come in. For,



BAGGIES

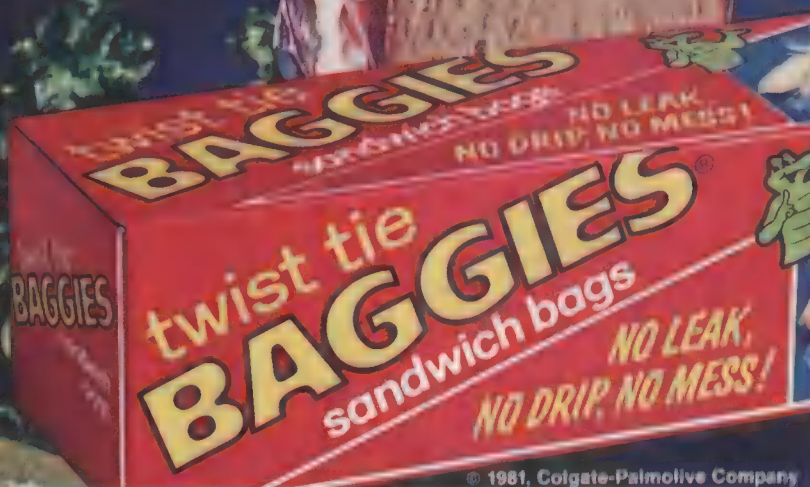
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20¢	1/29A	SAVE 20¢	20¢
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BAGGIES SANDWICH BAGS			
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<small>ATTENTION CONSUMERS: Do NOT ask your retailer to honor this coupon unless you make the required purchase. Any other use constitutes FRAUD on your part! You must pay any sales tax on your purchase. ATTENTION RETAILERS: Subject to your compliance as required herein for each coupon you properly accept as our authorized agent we will pay you 7¢ plus the face value of the coupon as your documentable retail price on coupons for free goods. Coupons will be honored when presented by retail distributors of our merchandise or associations of clearing houses, approved by us, acting for and at the sole risk of our retailers. It is FRAUD to present coupons for redemption other than as provided herein and without INVOICES in your possession which must be furnished to us on request to prove your purchase of sufficient stock to cover submitted coupons. Mailing of coupons which have not been legitimately received from consumers could bring prosecution under the Federal U.S. Mail Fraud Statutes. We reserve the right to withhold payment on any shipment of coupons when the terms of this offer have not been complied with on all coupons submitted and to confiscate the coupons. This coupon may not be imprinted or reproduced and is redeemable only on the specified product(s). Coupons not forwarded within six months from the Expiration Date below will not be honored. Offer Expiration Date: April 30, 1982.</small>			
<small>COLGATE-PALMOLIVE COMPANY</small>			
<small>P.O. Box C8-16, Jeffersonville, IN 47130 Cash Value 1/20 of 1¢</small>			
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Y674			

despite *The Odd Couple* and its spinoffs, rooming with strangers is seldom a bundle of laughs. To be successful, matches have to be engineered with great care, sensitivity and patience. Janet Witkin and her staff do such a good job of it that in the last year they've matched up more than a hundred couples, with only one rematching required. ("The trouble that time was that one woman wanted a friend," says Janet Witkin, "and the other just wanted someone to share the rent. They split up, but eventually we found them both other roommates and now they're both happy.")

With this remarkable track record it's not surprising that what started as a modest local pilot project is now attracting national attention and is being hailed as an important option not only for America's millions of senior citizens, but for the sons and daughters who must ultimately make agonizing decisions for elderly parents. Similar programs are now springing up in Chicago, Washington, Seattle, Boston and elsewhere. Janet Witkin's idea seems to be one whose time has come.

It began to take shape in her mind some years ago when she was working as a teacher and youth counselor and taking groups of young people around to nursing homes and institutions to entertain the elderly. The more she saw of how the old folks lived, the less 33-year-old Janet Witkin liked it. "It wasn't horrible," she recalls, "just blank. There was nothing positive for people to latch on to. No incentives." And Janet—an intense, articulate, compassionate woman with a streak of premature gray in her hair and a dynamo of a nervous system—began exploring other ways for old people to solve their

problems of finding suitable housing.

She decided, finally, to try to set up a cooperative housing project for people in her own Los Angeles neighborhood, where thousands of elderly on fixed incomes have created the highest density of poverty in the city. Then she applied for a Federal grant. It took two years and an endless series of hearings before she was awarded public funds to buy and renovate a building and open a tiny storefront office—with donated equipment and a lot of donated help—to administer the program.

Almost immediately, elderly people began dropping in at the office to talk about their biggest concerns—money problems and housing needs. It quickly became clear to Janet that if people could somehow be brought together, they could help one another lighten these burdens. She began talking to groups of senior citizens about the possibility of sharing housing in existing apartments and houses. Audiences responded warily at first, then more enthusiastically as they realized that the concept of sharing could offer some relief from inflation's devastating impact on fixed incomes.

In 1979 Witkin and her staff created Housing Alternatives for Seniors and began pairing off compatible people with similar needs and expectations. The demand grew so quickly that now their attention is divided between the cooperative housing unit—scheduled to open in mid-1981—and matching up couples to share housing.

Sarah Epstein and Cele Goldman—both widows with large families—are among Housing Alternatives' most successful couplings. Cele is a soft-spoken, distinguished-looking woman with a vein of mischievous humor, who needed

someone to share her rent. She was introduced to two prospects, but no match was made. ("I didn't think either of them would be able to take adequate care of themselves," says Cele firmly.) The third prospect was tiny, animated, feisty Sarah Epstein, who was looking for a way out of retirement-home living. They decided to live together after only one talk, which is unusual. Housing Alternatives encourages several sessions of talk and a weekend or two of trying out the arrangement. Cele and Sarah brushed all this aside.

"We hit it off right away," Cele told FAMILY CIRCLE. "I've lived through two husbands and they didn't divorce me. Why shouldn't Sarah and I hit it off?"

Sarah didn't think that was funny. "Living with a husband has nothing to do with two women living together," she frowned.

"You have to live with someone to find out if it will work," Cele added. "Sure, when we met for the first time, we asked basic questions about things like smoking and drinking; we wouldn't have gotten together if either of us had had the kind of habits which would put the other one off. And I don't like people who are too bossy, who want to run the whole show. But beyond that, all a preliminary talk can do is suggest whether or not you seem to be compatible. I was just looking for a nice quiet woman to share my expenses and my home, and Sarah seemed to be such a person."

"I took a chance; she took a chance. We took a chance on each other. You can't do this without risk. I figured I'm alone and I need help, so I took a chance."

And what if it hadn't worked? "What could this woman do to me? If things hadn't worked, she'd have been out of the house as soon as she could pack. I wouldn't have wanted her here, and she wouldn't have wanted to stay."

Once the two women decided to share Cele's apartment, the practical arrangements they made were remarkably simple. And wonderfully flexible. "We split everything down the middle," says Sarah, "rent, gas, electricity. Sometimes we eat together, sometimes we don't. When we do, we take turns cooking. We each buy our own food, and sometimes we shop together, but not always. There's never been a problem of who buys more. When family comes to take one of us out, the other is usually invited and usually doesn't go along."

Their home is a sunny, cheerful first-floor apartment in a residential neighborhood that borders on a busy commercial street a half-block away. The living room is long and spacious, ending in a dinette and compact kitchen. Behind the living room partition are two bedrooms and two baths, one with a shower, the other with a tub. ("We trade off whenever we feel the need.") Sarah has the back bedroom, and it is filled with her pictures and private possessions, including several pieces of furniture and a small TV set. If there

HOW TO MAKE A MATCH

THE BEST thing about Janet Witkin's idea is that finding a roommate can be a do-it-yourself project. If you want to do the job—either for yourself or for someone you love who is no longer able to live alone—here are tips on how to go about it:

Step One: Collect as many names as you can of possible roommates. Don't stop at people you know personally but get additional candidates by:

(a) writing a letter for publication to your local newspaper or TV station describing your search.

(b) getting in touch with every senior-citizen organization in town (Golden Age Clubs, Meals on Wheels, Gray Panthers, settlement houses, churches, synagogues and the like) and asking for suggestions. You might also put up notices on bulletin boards where elderly people congregate, but be careful not to give your name or address. Instead, you should provide a blind post office box to which replies can be sent. You should also specify that no one without moral and financial references will be considered.

Step Two: Collect as much information as you can about everyone on

your list so that you can weed out people who, on the face of it, aren't suitable.

Step Three: Set up individual meetings with everyone who seems a possibility. Those meetings will give you both a chance to talk frankly and listen carefully. The more you each know about what the other is looking for—be it friendship, an escape from loneliness, someone to share the rent, or whatever—the better your chances of making home sharing work. When you meet face to face, remember that compatibility in tastes and habits and temperament is all-important. For example, if you are a meticulous housekeeper you should be wary of someone who is messy. Or if you like to retire early, you should not room with a night hawk—especially one who likes to keep TV blaring far into the night.

Step Four: Spend one or two trial weekends together, either in your home or your future roommate's. Remember that a spur-of-the-moment rooming arrangement may make a hilarious TV show, but in real life, if you move in haste, you're likely to repent at leisure. □



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is any conflict on TV programming, she watches her own set.

Similarly, there is little rigidity in their daily schedule. Cele gets up before dawn and reads the paper until the TV news comes on at 7 o'clock. Sarah rises then, and they usually have breakfast together before going about their own activities. The rest of the day just happens. Sometimes they will spend it together, sometimes not. But there is no pressure either way.

Sarah calls herself a "hooker" because she spends a good deal of time hooking rugs, a skill she learned at her second retirement home. She complained about having had "nothing to do" at the home, yet now she spends much of her time in the same activity that engaged her there. So what, she was asked, is the difference? Her answer was immediate and emphatic: "Here, I'm my own boss—and that's a world of difference. Here, I hook rugs by choice; there, I did it because I didn't want to sit around the lobby waiting to die."

Have there been any problems, any serious disagreements?

"Why do there have to be problems?" asks Sarah rhetorically. "You know, the secret of all this is compassion. If each person has compassion for the other, two people can get along. Problems become unimportant then. If they come up, they get worked out."

What about living with their children? Is it an option they would consider if they were invited?

Both say no—emphatically. Sarah tells about spending several months with her daughter after a serious illness. "She had two little ones and she was on them all the time because of me. 'Be quiet! Let Grandma sleep!' I couldn't take that. It's their home and a place to have fun. My children or grandchildren shouldn't have to change their lifestyle because I'm there. I don't think that's right."

Adds Cele: "I don't want to live with my children; I just want to be able to see them. I can't live in a place where I have to wait for my son to come home from work to take me where I want to go. I want to be on my own. I like my life."

Not all happy coupling is as easy to come by as Cele's and Sarah's. Janet Witkin remembers the trouble she had finding a roommate for one very determined, very old lady who refused to move in with anyone unless she could bring along her own furniture, which was not only falling apart but was also far too bulky for most apartments. Most people would have written that woman off as being hopelessly rigid and set in her ways. But not Janet Witkin. "Look," she says, "her dead husband *made* that furniture for her. It was all she had left of him. No wonder she was determined to hang onto it. I don't call that old-age rigidity. I call it stamina and grit. It's the reason old people survive." In the end, Witkin managed to find her client—and at least some of her furniture—a roommate.

The arrangement has worked out well.

Thus far, the great majority of matches have been between elderly women of roughly similar age. Although men have been willing to explore a male-female pairing (and Housing Alternatives has no objection), the women haven't. ("Old men just want someone to make their breakfast and wash their socks," says one Housing Alternatives client.) But some of the most successful pairings have been highly unconventional. There is, for example, an 84-year-old woman who is sharing her home with a 20-year-old South American student. The older woman gets companionship and assistance at household chores. The younger woman can practice her English and nurture the sense of family so strong in her culture.

And then there are two delightful widowers, Victor Arkin, an 88-year-old former factory worker, and Ben Himel, a former schoolteacher, 10 years younger. The odds would have seemed all against this pairing, but they have drawn steadily closer. Says Himel: "We didn't have any common interests at all. He was a mechanic involved with tools, and I was interested in the arts all my life. And yet I find I am so pleased to be with this man. Since he moved in, I have never felt like being alone in my room."

Although their backgrounds and interests are widely divergent, these two men discovered they could disagree amicably without in any way eroding

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their sense of freedom or the pleasure of their companionship.

"I was afraid of losing my independence," recalls Himel, "but I thought it was worth taking the risk. Now we blend so well, it's remarkable. Maybe it's because we're so different that we get along."

They take a walk together each day and usually shop together. Although Arkin originally paid \$150 of the \$250 rent for their two-bedroom apartment, Himel has voluntarily raised his contribution. Arkin's son, deeply grateful that his father doesn't have to live alone, didn't want him to, but Himel insisted. "We are friends here," he says, "and I want to be an equal partner."

Arkin isn't much of a talker, but he nods his head vigorously when Himel concludes: "If I had no obligations nor anybody to talk to or give a greeting to or have a little laugh with, I'd stay in bed for hours. These may be little things, but you'd be surprised how they add up to a sense of security which old people badly need. I'm so happy I'm not alone, that I have a living human being with whom I can talk and laugh. Laughter is a medication for the mind and soul."

What message do successful roommates want to send to other elderly people? Cele and Sarah's advice is typical: "First, don't be afraid of sharing your home; and, second, if there is no formal organization in your community to help you find someone to share it with, open every possible door to

try finding a roommate for yourself."

Janet Witkin's fondest hope is to see the pairing experiment in Los Angeles spread across the country. "We need institutions like good convalescent hospitals," she says, "but let's earmark them for the people who really need them and let's work at developing other arrangements for older people who want to hang on to their independence. We have been writing them off for too long."

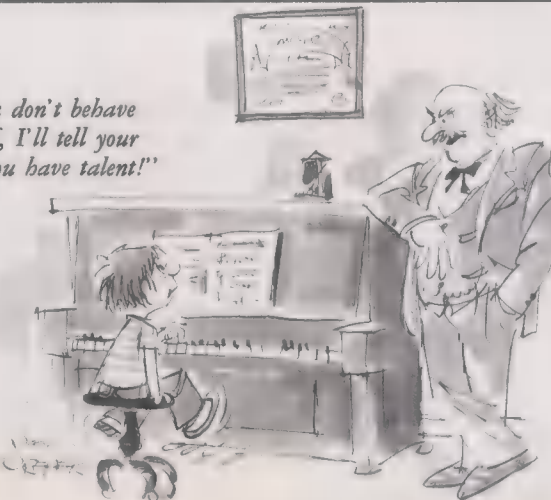
"There are very few older people with absolutely nothing. They get Social Security or Supplemental Security Income, so they all have *something* to

work with. And when two people share that something, their options can be greatly expanded. If programs like ours can be started in other communities, it's going to mean so very much not only to our old people but to the children who can't take the parents into their own homes, but also don't want to see them in institutions. Pairing can give older people a sense of dignity, pride and independence."

Ben Himel sums it all up. "I used to dread getting out of bed in the morning because I was so lonely," he says. "Now getting up is a real pleasure." ■

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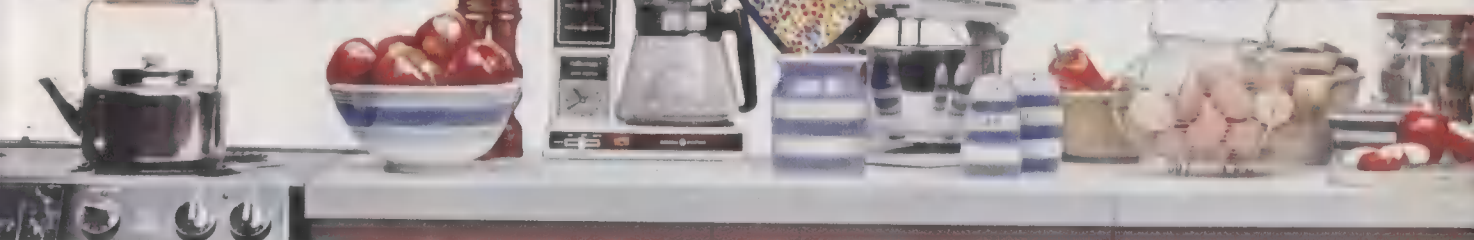
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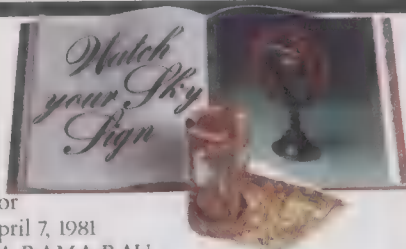
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Horoscope for

March 17-April 7, 1981

By SANTHA RAMA RAU

Aries (March 21-April 20) Mars boosts your chances for the big win this month but you'll need to be more diplomatic than usual. Don't count on friends the first two weeks; an older woman you trust is working against you. Your partner may be under stress early in April; be extra supportive.

Taurus (April 21-May 21) The first two weeks your career may take a different turn, providing exciting opportunities but requiring more work. Accept whatever is offered; Venus is behind you. Romance goes smoothly but you must make a decision.

Gemini (May 22-June 21) Don't focus on personalities this month; your work is what's important. Around March 20 you should consider taking on a new role. Mercury protects you against loss until the 28th; after that, let others take the initiative.

Cancer (June 22-July 23) Avoid passivity during this period. Get out on your own, find a project that interests you outside the family sphere and assert yourself. The best time to move is March 20-27. If an associate causes problems, make it plain you're open to new connections.

Leo (July 24-August 23) Your stars improve starting March 22 and if you press your point of view, you can win a power play. Friends provide pleasure and the romance you want should be available soon. A happy reunion in April costs more than anticipated but don't backtrack.

Virgo (August 24-September 23) Complete chores and consolidate relationships before March 26. Thereafter a journey could open up new worlds and gradually lead to a rewarding work opportunity. Don't let social life divert you. Early in April your partner seems grumpy but things ease up next month.

Libra (September 24-October 23) If you neglect work the first two weeks, you'll pay heavily in April. March 22-25 is an excellent time to enter a contest or make a partnership deal. Later on pressures rise; you'll need all your energy to hold your position.

Scorpio (October 24-November 22) Communication is essential this period. If you're open and direct you can cope very well. A professional person can be helpful about financial needs. You'll find what you want after April 6.

Sagittarius (November 23-December 21) Avoid overactivity this month or you may exhaust yourself. Someone who shares your mental interest could become more than a friend after March 22. Consider decisions carefully around the 28th.

Capricorn (December 22-January 20) A time to get more joy out of life. Take a course, read a new book. Concentrate on intellectual activities; if you're interested, you'll be more interesting. A minor setback in April will be advantageous later on.

Aquarius (January 21-February 19) You may encounter unpleasant events and there could be a difficult public appearance or a confrontation. Don't worry. With the help of able associates, you'll come through with flying colors. You could join a community group late in the month.

Pisces (February 20-March 20) Mars helps you to redirect your energy, making possible new contacts and enterprises. Be a little cautious about investments, however; consult a professional before taking risks. You're very likely to resume an old romance next month.

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KIDS AND DRUGS



ERIC ARROLL

NEW FACTS, NEW FEARS, NEW HOPE

By Dr. JASON BARON, with PEGGY MANN

The phone rang as Dorothy Edwards was hurrying from the house. She was PTA Book Week chairwoman, and late to her own meeting. She rushed back, lifted the receiver.*

"Mrs. Edwards? You'd better get down here right away!" It was the school nurse. "Billy is unconscious. We've sent for an ambulance."

"What happened?" the mother gasped.

"He passed out in class. We believe he overdosed on drugs."

Overdosed on drugs? But there were no drugs in their small town. What was the nurse talking about?

BOTH THE EDWARDSSES and the town they live in are typical. The town, in the middle of Middle America—the Iowa cornbelt—has a population of just over 4,000, and yet drug use among kids is rampant. The parents know little or nothing about this. The only adult aware of the dimensions of the problem is the high-school nurse. Yet the authorities have told her to "keep it quiet"—drug problems don't "look good" for the school.

This head-in-the-sand attitude is also typical. But it is time all of us looked the harsh facts in the face. We must recognize that we are in a dire national emergency. Drug abuse among our young people not only permeates our cities and suburbs but, during the last few years, has spread into small towns and rural vil-

lages. According to a report issued by the U. S. Select Committee on Narcotics Abuse and Control: "The United States is now the most pervasive drug-abusing nation in all history."

For three torturous hours Mr. and Mrs. Edwards sat in the hospital waiting room. Finally their family physician, Dr. Hoffman, came out. "You're very lucky," he told them. "Billy will be okay. You can see him in a few minutes. But I should warn you—the blood tests show that between breakfast and eleven o'clock this morning, he took barbiturates, Quaaludes and heroin."

"Heroin?" Mrs. Edwards shook her head. "Now *that's* impossible!"

Unfortunately, heroin use among middle-class kids is not so impossible today as parents like the Edwardses might like to believe.

Heroin, derived from opium, was until recently considered a ghetto drug. And, because the United States Government spent massive amounts of money on treatment and reduction of supplies, its use dropped dramatically in the 1970s. For the past eight years, the chief U. S. source of heroin has been Mexico. But in the summer of 1980, an unprecedented flood of new high-potency heroin began to enter our country from Iran, Afghanistan, Pakistan—countries where opium is a major cash crop and

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TELLTALE SIGNS OF A POT-SMOKING YOUNGSTER

Pot use is difficult to detect. But since virtually all poly-drug use (the use of several drugs at the same time) starts with chronic pot use, parents should be aware of the following signs of the marijuana-using youngster. However, experts point out kids may have only some symptoms, and some pot-using kids have none.

- The most obvious sign is finding a pot pipe, marijuana rolling papers, a cellophane "baggie" of marijuana and/or drug paraphernalia (bongs, etc.) for using or hiding pot. Don't be reassured by your kid's insistence that "Johnny must have left it here." (Unfortunately, a classic symptom of the drug-abusing youngster is lying.)
- Red eyes. Many youngsters take care of this with eye drops—which, in themselves, are a suspicious sign.
- A distorted time sense. If you suspect your child is stoned, ask him to click his fingers when a minute is up. They're likely to do this after 10 or 20 seconds. (Stoned drivers often think they're driving slowly, carefully, when they may be speeding.)
- A drop in school performance. Not necessarily from As to Ds, but from As and Bs to Cs, for example.
- Caring less about everything: school, sports, other extracurricular activities, hobbies the child used to enjoy.
- Use of incense to hide the sweet, burnt odor of pot.
- General loss of appetite, yet craving for sweets ("the munchies").
- Estrangement from the family; inexplicable mood changes, irritability, hostility.
- Impairment of short-term memory, judgment, capacity to reason and to think clearly.
- A chronic cough, chest pains.
- Depression, feelings of loneliness.
- Feelings of paranoia.
- Fatigue and loss of vitality.
- "Flattened" speech and expression.
- Sleep disturbances.
- Menstrual irregularities.
- Strange phone calls, secretiveness, vagueness about social activities.
- Less attention paid to cleanliness of body, hair, clothes.
- Disappearance of money or items of value from the home.
- Impaired ability to fight off common infections.

HOW TO START A PARENT GROUP

Here's where to write for helpful information:

- Dr. Jason Baron, M.D., Medical Director, Deer Park Hospital, 4525 Glenwood, Deer Park, Texas 77536. Information about treatment and community drug-abuse problems. Packet of articles and columns on drug abuse, \$5.
- National Federation of Parents for Drug Free Youth, P.O. Box 57217, Pennsylvania Ave., Washington, D.C. 20037, "NFP Starter Kit." How to start a local parent group plus list of resource material and parent groups in your state. To join NFP, individual: \$10, group: \$25.
- Citizens for Informed Choices on Marijuana (CICOM), 300 Broad St., Stamford, Conn. 06901. Four booklets giving step-by-step methods and techniques which are helping many parents, schools and communities to combat the marijuana problem, \$2. "How to Get Your Child Off Marijuana," by Harold Voth, M.D., \$3.

To page 50

*This is a true case, but names have been changed.

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KIDS AND DRUGS

From page 46

with whom we have no "drug-enforcement relationship."

Because it is now entering the States in such quantities, heroin, in some areas, has become less expensive than many other illegal drugs. Many drug dealers have added it to their wares, and some of them have even begun giving free samples to school kids.

The brownish Mexican variety is usually so diluted ("cut") that it has to be injected to get "a rush." But the street samples of the new heroin—a fluffy white powder—are twice as potent as the Mexican version and can be snorted, smoked or sprinkled into marijuana. The fact that the "new heroin" need not be injected makes it far more attractive to middle- and upper-income youngsters—like Billy Edwards.

Billy's eyes were closed when his parents entered the hospital room. His mother knelt by his bed, started to cry. "Are you all right? Billy... baby, what happened? Did somebody make you...?"

Billy opened his eyes. "Stop crying, Mom," he said wearily. "Nobody made me do anything."

"But why you, son?" his father said. "I just can't believe it."

Billy looked into his father's face. "Half my class does drugs, Dad." He sat up. "I'm scared. The doctor says I need help." The boy besitated. Then he blurted, "Kathy does too."

"Kathy!" the parents said together, horrified and disbelieving.

"When you get home," Billy told them, "unscrew the left-hand ball of her brass bedpost. That brownish crumbly stuff in the plastic bag is marijuana."

"Ask her about the party she went to Saturday night. Ask her what was in the fruit-salad punch."

Billy's sister Kathy is 12 years old.

During the last three years the starting age for marijuana use has steadily decreased. Today in many middle- and upper-income communities, 11 is the average starting age. And national surveys clearly show that the younger a child starts pot, the more likely he is to get involved with other drugs.

The "fruit-salad punch" that Billy mentioned is one manifestation of poly-drug "partying" now popular in many parts of the country. Party games differ, but the goal is the same: "Take anything to get high." In some areas, for example, "Paper Bag Roulette" is "in," particularly among young teens. Guests either collect pills from their parents' medicine chest or buy them from other kids at school. They put them in the "Paper Bag," and "snack" from it during the evening. What they don't know is that some drugs, in combination, are much more potent and potentially lethal than when taken individually.

"Fruit-salad punch," a brew of alcohol and fruit juice and pills and capsules, can be as dangerous as Paper Bag Roulette. For example, a combination of Valium and alcohol, or barbiturates and alcohol, can be lethal.

A further worry is that youngsters tend to regard drinking as just another means of getting very high. They have also discovered that the T-shirt slogan "Party Till You Puke" need not occur—not if pot is smoked while drinking.

THC, a chemical ingredient in pot, turns off the vomit center of the brain. That's why it's given to cancer patients nauseated by chemotherapy. When taken with alcohol, pot prevents vomiting, the body's normal defense against too much drinking. As a result a new phenomenon is on the rise among young teens: "O-D'ing on alcohol."

When they left Billy, the Edwardses went into Dr. Hoffman's office. Their desperate question: "What do we do now?"

"I believe," said Hoffman, "you must get your son into a drug-free residential facility as soon as possible."

"Send him away?" Dorothy Edwards said. "Now, when he needs us most?"

"If there were a good drug-abuse treatment facility in town," said Dr. Hoffman, "we could try that. Unfortunately, good—by that I mean successful—facilities are few and far between. And we're between. If Billy has another experience like the one he had this morning, you could lose him." Then the doctor added, "You might also consider sending Kathy with him. A crucial factor in getting off drugs and keeping off, is what happens when the youngster returns home. If Billy comes home drug-free and his sister is still doing drugs..."

"Kathy is not doing drugs!" Mr. Edwards exploded. "She's just trying to be grown up, to be cool! Pot's harmless. Everyone knows that!"

Perhaps the single most dangerous myth in America today is that marijuana is a harmless drug. The myth is based largely on research done in the late '60s and early '70s, a time when street pot was so weak, smokers often could not tell whether they were smoking the real thing or an innocuous substitute. Pot is 10 times more potent today and research findings far more alarming. Scientists now know marijuana is an insidious, subtle and very complex substance, and that moderate to heavy use can damage the lungs, alter the structure of brain cells, impair sex and reproductive function, and produce serious psychological and psychosocial effects. The cannabis plant from which marijuana is processed contains 61 chemicals found in no other plants. Thus far only a handful have been studied, but that's enough for the director of one of the nation's most comprehensive marijuana research projects to say: "There is no other drug that has the staying power and broad cellular action that this one does. Marijuana is a real Pandora's box."

Proponents of pot insist that it does not lead to the use of other, more dangerous drugs. Perhaps. But there are alarming indications that it does. For example, among the 50% of high-school seniors who smoke marijuana, 43% use one or more additional illegal drugs. Among youngsters who don't smoke pot, the use of other drugs is almost unknown.

When Billy left the hospital he promised his parents that he was quitting drugs forever. But that Saturday night he came home thick-tongued, uncoordinated and high.

On Monday, Mr. and Mrs. Edwards went to see Dr. Hoffman.

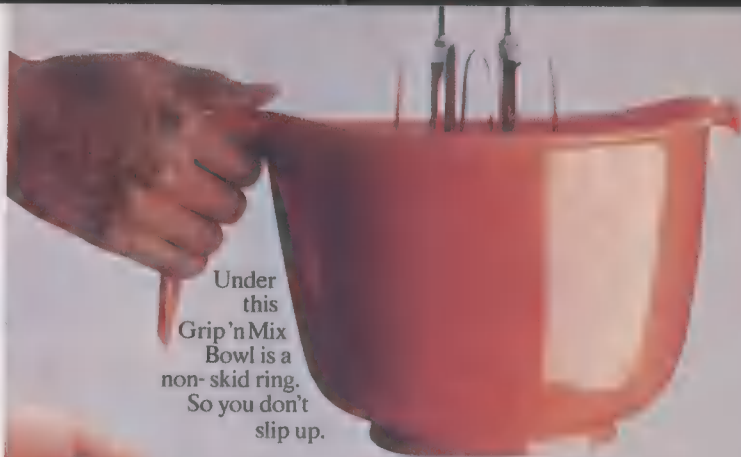
"You must give Billy two and only two alternatives," the doctor said. "Either four to eight weeks of intensive therapy at Deer Park Hospital, or a long-term residential program elsewhere which usually lasts from 18 months to three years."

That night the Edwardses decided to take the bull by the horns—not only for Billy, but for Kathy as well. Faced with an either/or ultimatum, Billy decided on Deer Park. "I can easily con the staff for a month," he told Kathy. "Stay cool. Things'll work out."

But before going to bed that night he came into his parents' room in his pajamas and said quietly, "You wouldn't send me away if you loved me."

The Edwardses spent a shattered, sleepless night. For the first time Dorothy Edwards saw her husband cry.

To page 50

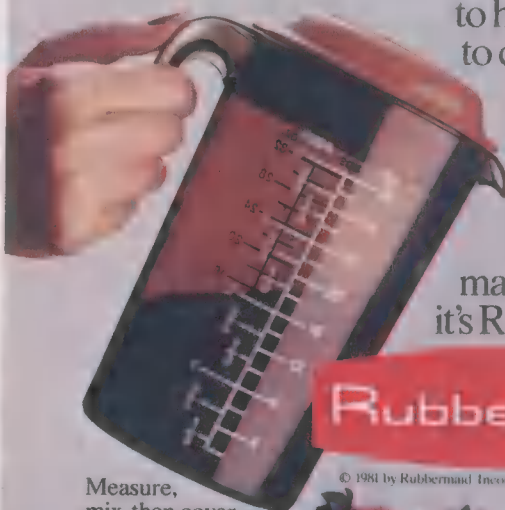


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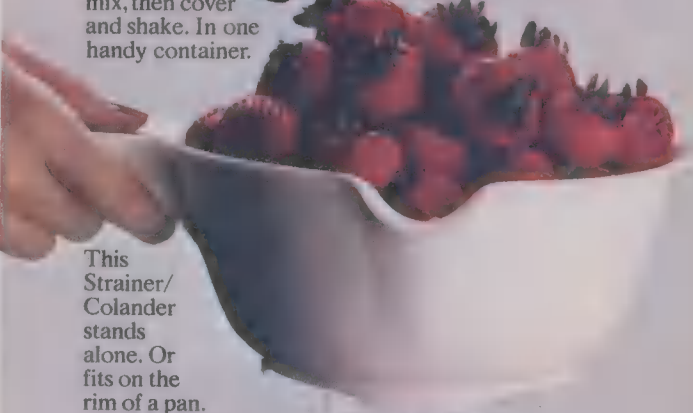


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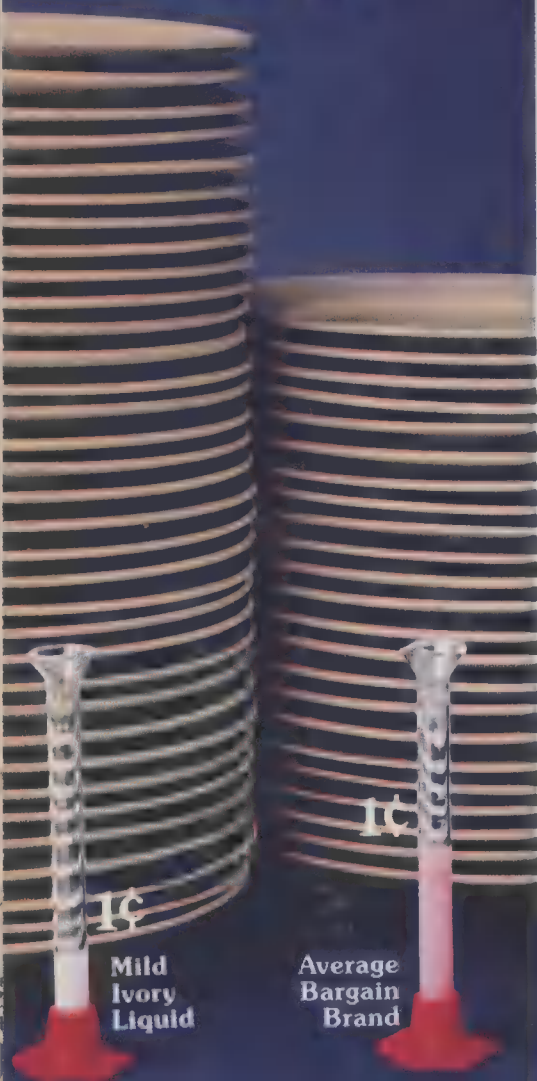
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To most people, Deer Park Hospital in Houston looks more like a friendly little college than one of America's foremost drug-treatment institutions. In the 2½ years since the hospital opened, thousands of youngsters have been treated successfully. Although I've been involved in some 5,000 cases in this and other hospitals, the best results have been at Deer Park Hospital.

How do we turn these youngsters around? By relentlessly hard work—not only on the part of our staff (psychotherapists, counselors, social workers, nurses, teachers), but of the kids themselves. From the moment they arrive, and for the four to eight weeks of their stay, they are plunged into a tough, round-the-clock regimen of psychotherapy, including individual and group sessions, drug abuse meetings, psychodrama, relaxation therapy (how to relax without a joint), plus daily gym classes and at least an hour a day of school work.

The purpose of all this is to develop what our youngsters have been cheated out of by drugs: a sense of themselves and their own value; and "coping skills" (methods of dealing with normal stresses and anxieties), which most straight kids learn almost automatically, but drug-users don't. They fall back on drugs whenever the going gets tough.

Many kids arrive at Deer Park thinking they're in for nothing worse than a drug-free month in the country. They couldn't be more mistaken.

The Edwards family turned up in my

office one sunny morning last spring. But they weren't noticing the weather. Billy was arrogant, hostile—and stoned. He'd "copped a buzz" (smoked pot) in the men's room at the airport. Kathy was terrified and furiously resentful. She hadn't done a thing—except smoke grass, like everyone else. Both parents felt ripped apart inside. What were they doing, putting their kids away with "a bunch of druggies"?

As soon as the youngsters went off for processing, Mrs. Edwards blurted out, "Dr. Baron, why has this happened to us? What have we done wrong?"

That's always the question I hear first. "Probably nothing," I answered. Sure, kids who get into drugs have emotional problems, but so do a lot of straight kids. Actually, there doesn't seem to be much connection between drug use and what has or hasn't happened at home. The biggest single cause boils down to two words: *peer pressure*. What most parents don't want to recognize is that the drug epidemic is full-blown among American teenagers. Like a contagious disease, it's catching. And there's no natural immunity to it.

Then what should parents do?

First, be wary. Learn to recognize the signs of pot smoking. That's not as easy as it sounds, because in many ways the effects of pot-smoking and typical adolescent behavior *are* similar. Check the box on page 46 for more specific symptoms.

Second, be firm. Take a stand. Stick by it. Make your kids understand that you love them enough to go to any lengths to keep them drug-free. Make a rule for your kids which has no exceptions: No drugs. Not in the house. Not out of the house. Not anywhere. Not ever. Don't be trapped by "the other kids do it" argument. Remember that parental timidity is the greatest single obstacle to drug-abuse treatment or prevention.

One way to fight drugs is for parents to get together and agree that they'll all enforce the same rules: *parental peer pressure to counteract teen peer pressure*. I suggested that the Edwardses form a support group composed of the parents of their children's friends. (There are now more than 600 parent groups throughout the country, members of the National Federation of Parents for Drug Free Youth, and they're doing a remarkable job.) The Edwardses left Houston armed with booklets explaining what parents can do about drugs and how to go about doing it. (See "How to Start a Parent Group," on this page.)

One of the toughest hurdles in the drug treatment program is understanding that drugs have caused unmanageable problems in your life. Perhaps because he'd been so terrified by his overdose, Billy Edwards was able to take this crucial first step sooner than many patients. During his first weeks at the hospital he had sat out his therapy sessions stubborn as a rock. But then, suddenly, the breakthrough came: Billy

HOW TO START A PARENT GROUP

From page 46

- *Committees of Correspondence, Cathedral Station, P.O. Box 1590, New York, N.Y. 10025.* Information on one important drug-abuse issue each month, plus how correspondents can most effectively influence the outcome, \$7 per year.
- *Families in Action, P.O. Box 15053, Atlanta, Ga., 30333.* A 164-page booklet on how to organize your community to combat the "kiddie drug culture," including drug paraphernalia, \$10. Introductory copy of Families in Action newsletter, \$1.
- *National Institute on Drug Abuse, P.O. Box 2305, Rockville, Md. 20852.* "Parents, Peers and Pot," a 98-page paperback with advice on coping with adolescent drug use based on the experience of parents who successfully dealt with the problem. Single copies free.
- *PRIDE (Parent Resources and Information on Drug Education), University Plaza, Georgia State University, Atlanta, Ga., 30303.* Packet of information on drugs, which includes action plan for parents and their school/community, \$10. Quarterly newsletter, \$3.

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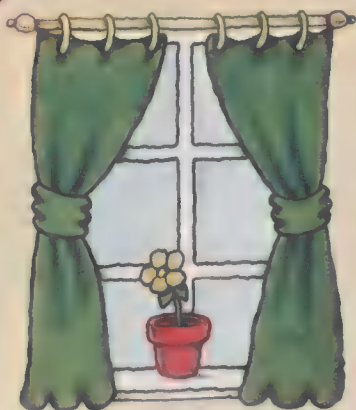
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realized that drugs had been in control in his life. "I really *have* been nothing but a chemical," he told his counselor.

After that, he began to really work out during therapy sessions. In addition to coping skills, which can be learned in weeks, he began to find some of the good feelings which drugs suppress. Among them was the fact that he deeply loved his little sister and was worried about her. For while Billy had been moving ahead during treatment, Kathy was merely treading water.

About a month after he arrived, Billy was ready for discharge, but Kathy was still getting nowhere. Clinging to her notion that smoking pot a few times a week couldn't hurt her, she saw no reason to change. (In treatment the crucial factor is not necessarily the amount of drugs a youngster takes, but his attitude toward them. Sometimes the kids hardest to reach are those, who, like Kathy, have had no bad drug experiences.)

But the day before Billy went home, she promised him that "a little pot was all she'd ever do."

"Yeah," he told her. "That's what I used to say when I was 12."

Kathy couldn't get to sleep the night Billy left. Finally around midnight, she got out of bed, put on a robe and padded down the hall to the Drug Abuse office to see if a cup of hot chocolate would make her sleepy. Patty, the

counselor on duty, was 17 and a "graduate" of Deer Park.

"What's the matter with people around here? How come everyone but me thinks I have a problem?"

"I dunno," said Patty. "I guess you wouldn't be here if you didn't." Sipping her chocolate, Kathy started to talk—and talk—and talk. Two hours later she was still talking. About her mother ("We just don't communicate much. Every time I try to open up, she clams up.") About Billy ("Why does he think he's so great? He was the one who got me started on pot, so I wouldn't tell on him.") About her friends at school ("If you don't do drugs, nobody talks to you. They figure straight kids are creeps").

For her part, Patty just listened and asked questions, questions that made Kathy do some hard thinking. Somehow Patty was managing to get through. When Kathy finally went back to her room, she took with her the first glimmerings of a basic truth: that everyone—including herself—has problems, but that pot doesn't solve them.

It was the beginning.

Meanwhile, back in Iowa, the Edwardses had managed to organize a parent support group which agreed on a set of rules covering curfews, punishments, off-limits places and the like.

The group also adopted some of the Deer Park treatment techniques. Once a week each family holds a role-playing ses-

sion, with everyone switching roles. One important mini-drama revolves around how to say no to a drug-using friend—a technique which was drilled into Billy and Kathy at Deer Park and which is crucial to remaining drug-free.

Another useful idea adapted from Deer Park is holding open dialogue sessions, held after dinner once a week. Parents and kids rap about anything which troubles them. Still another technique: having family members gather information about drugs and drug-related problems. The purpose is threefold: Get together. Get involved. Get informed.

Last week I got a letter from Dorothy Edwards. "I thought you'd like to know," she wrote, "that Billy's SATs were the second-highest in his class. Quite something from a boy who used to get nothing but Cs and Ds! Kathy's doing fine, too. I still check out her drawers and closet for pot paraphernalia, and Frank and I are still holding our breaths, but so far so good.

"As for me, I'm learning how to open up at our family rap sessions—something Kathy taught me.

"Frank had a birthday last week. I asked him what he wanted for a present. He just grinned. 'What more can I want,' he said, 'than I already have. Billy and Kathy are themselves again.'" ■

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3. How many children do you have?

☐ None ☐ 1 ☐ 2 ☐ 3 or more

4. What are the ages of your children?

☐ Under 2 ☐ 2-5 ☐ 6-11 ☐ 12-17

5. What types of underarm deodorants or anti-perspirants are used in your household?

☐ Aerosol ☐ Stick/solid
☐ Roll-on ☐ Other type

6. Do you have a clothes dryer?

☐ Yes ☐ No

7. What is your skin type?

☐ Dry ☐ Normal ☐ Oily

Continued on page 104

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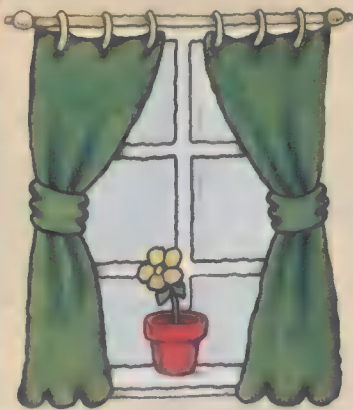
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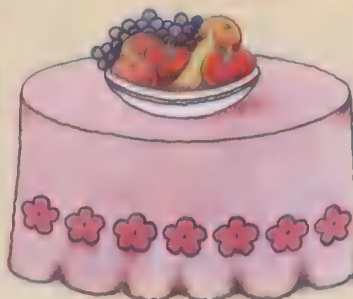
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☐ Cat ☐ Cat ☐ None

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Laundry Bleach	<input type="checkbox"/>	_____
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Window Cleaner	<input type="checkbox"/>	_____
Kitchen Sponge	<input type="checkbox"/>	_____
Bar Soap	<input type="checkbox"/>	_____
Shampoo	<input type="checkbox"/>	_____
Toothpaste	<input type="checkbox"/>	_____
Hand Lotion or Cream	<input type="checkbox"/>	_____
Razor	<input type="checkbox"/>	_____
Pain Reliever	<input type="checkbox"/>	_____
Breakfast Cereal (Cold)	<input type="checkbox"/>	_____
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Kitchen Sponge	<input type="checkbox"/>	_____
Bar Soap	<input type="checkbox"/>	_____
Shampoo	<input type="checkbox"/>	_____
Toothpaste	<input type="checkbox"/>	_____
Hand Lotion or Cream	<input type="checkbox"/>	_____
Razor	<input type="checkbox"/>	_____
Pain Reliever	<input type="checkbox"/>	_____
Breakfast Cereal (cold)	<input type="checkbox"/>	_____
Salad Dressing	<input type="checkbox"/>	_____
Paper Cups	<input type="checkbox"/>	_____

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4. Do you live in a

☐ House ☐ Apartment

5. What is your age group?

☐ 18-24 ☐ 35-49 ☐ 65 +
☐ 25-34 ☐ 50-64

6. Are you married?

☐ Yes ☐ No

7. How many children do you have?

☐ None ☐ 1 ☐ 2 ☐ 3 or more

8. What are the ages of your children?

☐ Under 2 ☐ 6-11
☐ 2-5 ☐ 12-17

9. What types of underarm deodorants or antiperspirants are used in your household?

☐ Aerosol ☐ Stick/solid
☐ Roll-on ☐ Other type _____

10. Do you have a clothes dryer?

☐ Yes ☐ No

11. What is your skin type?

☐ Dry ☐ Normal ☐ Oily



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12. What is your hair type?

☐ Dry ☐ Normal ☐ Oily

13. Do you own a pet?

☐ Dog ☐ Dog & Cat ☐ None
☐ Cat ☐ Other _____

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2 pkgs. (10 oz. each)
frozen chopped
spinach, thawed
2 tbsps. instant
minced onion
1 can (12½ oz.)
Chicken of the Sea®
tuna, drained
6 hard cooked eggs
sliced
2 cans (10¾ oz.)
condensed cream of
mushroom soup
1 cup (½ pt.) sour
cream
Salt & pepper
¼ cup melted butter
2 cups soft bread
crumbs (about 4
slices)

Squeeze spinach to remove excess liquid. Spread spinach evenly in a greased 2½ qt. casserole. Sprinkle with onion, tuna, and eggs. Mix mushroom soup & sour cream. Pour mixture evenly over eggs. Mix melted butter & crumbs and sprinkle evenly over top of casserole. Bake in preheated moderate oven (350° F.) for 30-35 minutes or until golden brown and bubbly.

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EASTER BREADS

Shown on page 40

• For meaning of recipe symbols, see page 26.

EASTER BRAID

A tradition in Italian families, this colorful sweet bread is the joy of Easter.

Bake at 350° for 35 minutes.
Makes one bread for \$2.66.

- ½ cup milk
 - 1 envelope active dry yeast
 - ⅓ cup sugar
 - 4 tablespoons (½ stick) butter, melted and cooled
 - 2 eggs plus 1 egg yolk
 - 1 teaspoon salt
 - 1 teaspoon grated orange rind
 - ¼ teaspoon anise seed, crushed
 - ¼ teaspoon ground cinnamon
 - 3 to 3½ cups all-purpose flour
 - ½ cup golden raisins
 - ¼ cup slivered blanched almonds
 - 5 hard-cooked eggs, tinted in pastel colors
 - 1 egg white, lightly beaten
- Confectioners' Sugar Icing (recipe follows)
- Heat milk in a small saucepan over low heat until very warm. ("Very warm" should feel comfortably warm when dropped on wrist.) Sprinkle yeast and 1 teaspoon of the sugar into the milk; stir to dissolve. Let stand to proof until bubbly, about 10 minutes.
 - Combine remaining sugar, butter, eggs and yolk, salt, orange rind, anise seed and cinnamon in a large bowl. Stir in yeast mixture. Beat in 3 cups of the

flour, 1 cup at a time, until mixture forms a soft dough.

- Turn dough out onto a lightly floured surface. Knead 8 minutes or until smooth and elastic, using as much of remaining flour as necessary to prevent dough from sticking.
- Press dough into a large buttered bowl; turn to bring buttered side up; cover. Let rise in a warm place, away from draft, 1½ hours or until doubled.
- Punch dough down. Turn out onto a lightly floured surface and knead in raisins and almonds. Divide dough in half; roll dough between palms of hands into two ropes, 26 inches long.
- Place ropes diagonally on an ungreased cookie sheet. Braid ropes starting in center and working toward each end, and placing tinted egg between the ropes after each twist. Gently curve the braid into a circle; place a generously greased 5-ounce heat-proof glass dish in the center of the circle to keep braid in a neat round. Finish braiding the ropes, pinching the ends securely together; cover. Let rise in a warm place about 1 hour or until doubled in volume. Brush dough with egg white.
- Bake in a moderate oven (350°) for 25 minutes. Gently remove glass from center. Bake 10 minutes longer or until bread is golden brown and sounds hollow when tapped lightly with finger tips. Cool on wire rack. Drizzle with Confectioners' Sugar Icing.

CONFECTIONERS' SUGAR ICING

Makes ⅓ cup for 30¢.

- 1 cup sifted 10X (confectioners') sugar
- 1 teaspoon lemon juice
- 3 to 4 teaspoons boiling water

Blend sugar and lemon juice in a small bowl. Gradually add enough water to make icing thin enough to drizzle. For Frozen Bread Dough Easter Braid, add 1 teaspoon grated orange rind to icing.

FROZEN BREAD DOUGH EASTER BRAID

Bake at 350° for 35 minutes.
Makes one bread for \$2.27.

- 1 package (1 pound) frozen bread dough, thawed
 - ¼ cup sugar
 - ¼ teaspoon ground cinnamon
 - ¼ teaspoon anise seed, crushed
 - ½ cup golden raisins
 - ¼ cup slivered blanched almonds
 - 1 tablespoon butter, melted
 - 5 hard-cooked eggs, tinted in pastel colors
 - 1 egg beaten with 1 tablespoon water
- Confectioners' Sugar Icing (recipe above)
- Let dough rise following label directions until doubled in volume. Punch down and turn out onto a lightly floured surface. Roll out to a 26x8-inch rectangle. Divide dough lengthwise to form two strips, each 26x4 inches long.
 - Mix sugar, cinnamon, anise seed, raisins and almonds in a small bowl.
 - Brush strips of dough with melted butter leaving a ½-inch border on all sides. Sprinkle half of the sugar filling on each strip. Gently roll the strips starting with a long side to form two long ropes. Pinch seam and ends securely.
 - Follow Easter Braid recipe starting with step 6.

Milk-Bone Dog Biscuits give your dog...



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Now, after you have decided on the type of pet you want, you should know how to take proper care of him. There are many excellent books available on basic pet care, which can be found in bookstores, pet stores, as premiums on pet foods.

In addition to good daily care and intelligent preventive medicine, there are several other essential aspects of pet ownership which people should consider.

First, and probably as important as anything else, is to *know about the basics of training a pet*. More pets are given away because of problems of improper behavior than for almost any other reason.

Another frequent problem area is in the *relationship of children and pets*. If a pet enters a home where there's a child, someone has to be very sure that the child understands how to treat a live animal. It doesn't take many growsls from a dog to a child, for example, to make people get rid of the dog. This is really too bad, because it can usually be prevented. And, if a new baby enters a household where there's already a pet, care must be taken to avoid jealousy and resentment on the part of the pet. You'd be surprised how many people say "It never occurred to me that Fido, or Felix, would be unhappy with the new baby!"

People with small children should also be particularly careful to *keep a pet and the areas he frequents clean*. This means checking often for parasites, and cleaning up waste promptly. A pet who is in good health and kept clean is about as much of a health threat to a child as that child's brother or sister.

There are, however, *some common animal ailments which are contagious to humans that pet owners should be aware of*. In particular: two skin diseases—ringworm and scabies (sarcoptic mange); worms; and toxoplasmosis, a parasitic disease of cats that is dangerous for pregnant women who shouldn't handle cat waste if there's any evidence of the disease. But, including these and a few others, the biggest overall health problem by far between people and pets is bites and scratches.

Which brings me back, full circle, to the importance of *careful selection of a pet*. Shop around, ask questions and try to meet the mother of any puppy or kitten you're considering. As I said before, this kind of care can help prevent a lot of heartaches later on.

Pet Pointers

By ELIZABETH RANDOLPH

Care of Your Pet: II

• In our March 17th issue, Elizabeth Randolph discussed pet care with Dr. William J. Kay, DVM, who heads a staff of 60 full-time veterinarians at the Animal Medical Center in New York City, the largest veterinary hospital in the world. Following is more advice on successful pet ownership from Dr. Kay.

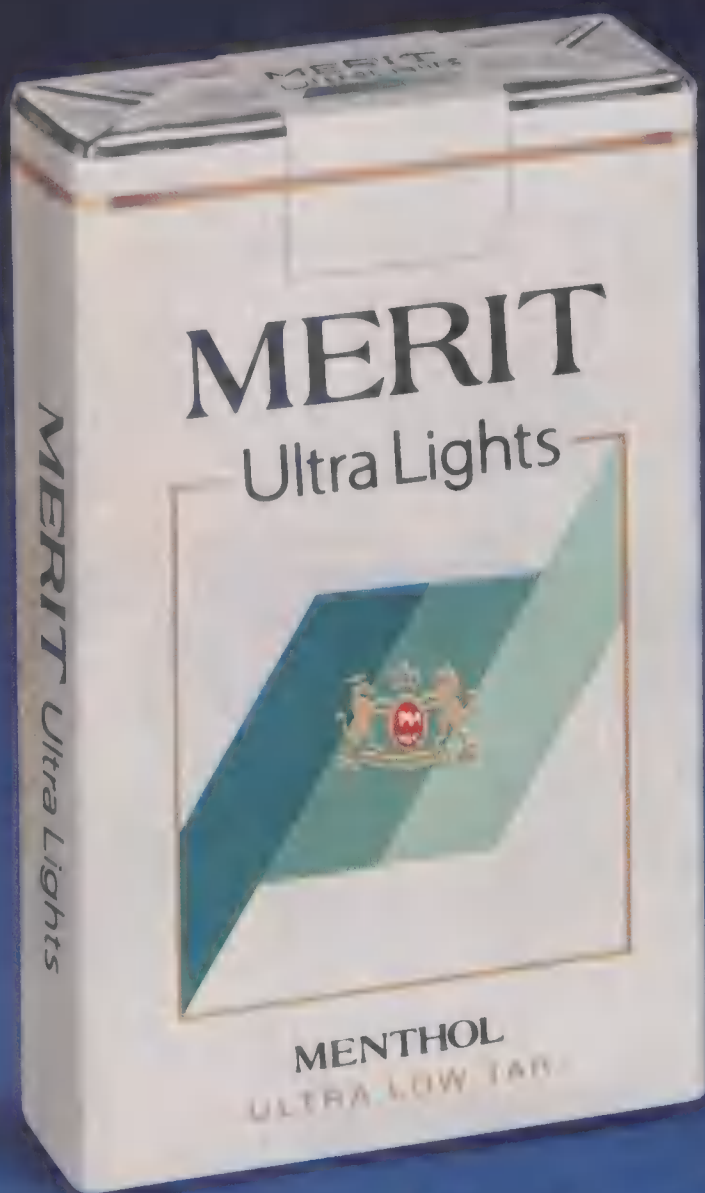
THE FIRST CONSIDERATION for someone thinking about acquiring a pet is whether or not you should own a pet at all. This may seem simplistic, but it certainly would prevent a lot of heartache if people thought about it a lot more carefully before bringing home a cute puppy, kitten, bird or whatever.

You should be aware of what it means to have a living thing in your home. Do you have the time and interest to care for a pet—to groom and clean, exercise and entertain him? Are you going to be upset if the rugs get dirty, or if there's fur on the furniture? Are you willing to lose some sleep, if necessary, to take care of a sick pet? Do you have space in your home for a pet?

You should know that pet care can cost a lot. Budget considerations are frequently overlooked by potential pet owners. Pet food is expensive, so is routine veterinary medical care—and these costs are ongoing. You should find out ahead of time just what it will cost to own the kind of pet you want. Expense is often the reason why a pet is given up.

Select a pet very carefully. Don't get an animal on impulse. A recent survey in Denver by the American Animal Hospital Association (AAHA) showed that more unhappiness exists in pet ownership because of the wrong choice than for any other reason. Think about what kind of pet you want; then about the particular breed, or kind, of the species.





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Readers' Idea Exchange

Edited by ERIKA DOUGLAS

Non-rusting garbage cans

EXTEND THE life of your metal garbage cans by preventing rusty bottoms. Spray the base and all the sides up to 4 or 5 inches with leftover (or new) rust-preventive paint.—DOROTHY HOFBAUER, *Ravenna, Neb.*

No sticky matter

A SHEET of foil or waxed paper placed under ice-cube trays in the freezer will prevent them from sticking.—ANNE DIRKMAN, *Green Bay, Wisc.*

A money saver



LIQUID SOAP is nice to use but too costly when you have four little pairs of hands that need washing every half hour or so. I took an empty plastic hand-lotion container (with a pump on top), filled it $\frac{1}{4}$ with liquid dishwashing detergent and $\frac{3}{4}$ with water. The kids love using their "liquid soap" and it costs me just pennies to make.—THE KOVACS FAMILY, *South Euclid, Ohio.*

Stringing beads

STRINGING BEADS can be a tedious job. Dip the ends of the string in clear nail polish, and let dry. The



stiffened string then becomes its own needle.—BETTY R. BUTTS, *Kensington, Md.*

A quick wipe



KEEP AN inexpensive squeegee in the shower to wipe clean the walls and glass doors. Children (mine, anyway) find it fun to use and it keeps the ceramic tiles shining.—MRS. N. FRONTIERA, *Gloucester, Mass.*

Cushions for your china

INSTEAD of discarding plastic foam trays from meat packages, wash them in warm sudsy water, rinse and dry well. Then cut to shape and use as cushions when stacking your "good" china.—MARGARET WARREN, *Crofton, Ky.*

Spotless painting

TO PREVENT spattering hinges or knobs when painting a door, rub a little petroleum jelly on them first. Stray paint will come off easily.—ROSEMARY PELKE, *Verona, N.J.*

Soft brush



RATHER THAN purchasing a costly gourmet "mushroom brush," I use an inexpensive soft toothbrush.—PEGGY TRAGESER KAY, *Mt. Lebanon, Pa.*

Planning ahead!

WHEN PRE-SHRINKING fabric in preparation for a sewing project, toss the zipper, seam tape and any other washable notion in the washer as well.

You will not be disappointed with a puckered seam, and the finished product will look more professional!
—KATHLEEN A. GRAY, *Severn, Md.*

Grooming mat for your pet



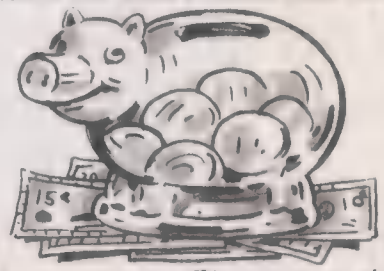
DON'T THROW out that worn bathroom rug. It makes a great mat when grooming pets. Or, place it outside the back door, reverse it, and use to scrape mud off your shoes.—MRS. E. M. OWCZARZAK, *Tucson, Ariz.*

Protecting your furniture

WHEN BUYING upholstered furniture, and it does not come with arm covers, ask the salesman to order an extra yard of fabric to make your own. This saves on wear, lets you take them off for company, and gives you repair fabric if burned or torn.—MARTHA J. BECKMAN, *Clear Lake, Minn.*

Saving for a rainy day

SAVING FOR a rainy day does not come easy right now—but I have found one small solution. Each time



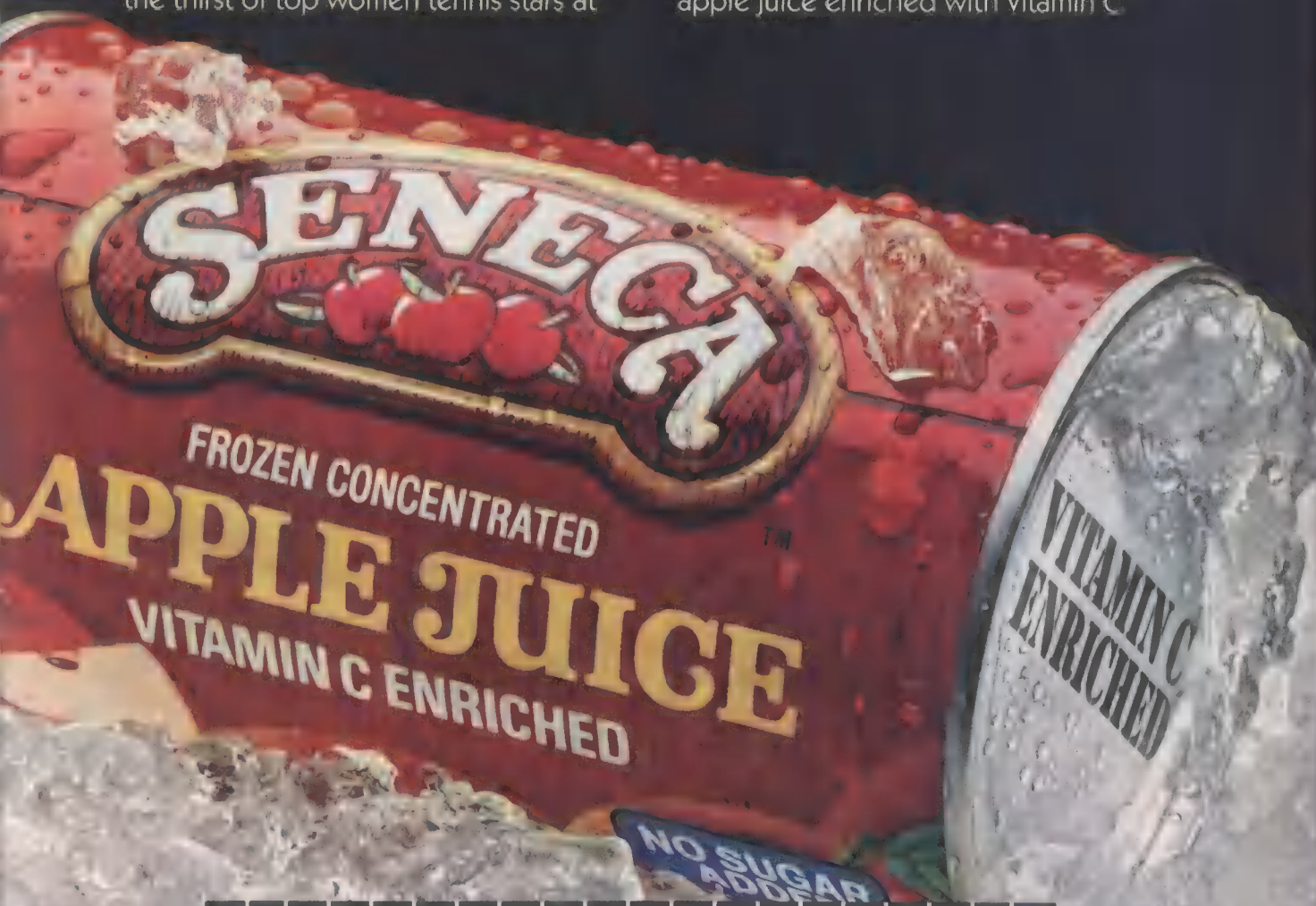
I use a "cents-off" coupon at the supermarket, I put the amount saved in my "piggy" bank when I get home. You'd be surprised at how quickly it adds up!—MRS. H. F. COMBS, *Panama City, Fla.*



Readers: Family Circle would like you to tell us your ideas and suggestions on homemaking, education and community betterment. We will pay \$25 for each item printed in our Readers' Idea Exchange. We regret that unpublished entries cannot be returned or acknowledged. Send ideas to: Family Circle, Box 2822, Grand Central Station, New York, N.Y. 10017.

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By LAWRENCE GALTON

Will a face lift do?

A COSMETIC face lift should not be expected to perform miracles. The best it is likely to do is to make the patient look like he or she did 10 years ago, reports Dr. Frank Dunton of the surgery department of The University of Texas Health Science Center, Dallas. As a useful test for anyone thinking about a lift, Dr. Dunton advises: "Lie flat on your back on the bed. Then lift a mirror straight up and over your head. Gravity will cause all that loose skin that falls forward to fall back, and you will look about what you would look like after a lift." If that is not enough change for you, don't plan on cosmetic surgery, says Dunton.

Report from The University of Texas Health Science Center, Dallas.

Outpatient surgery

SURGICAL PROCEDURES once performed only during hospitalization now are being carried out increasingly on an outpatient basis. Is such ambulatory surgery as safe? To find out, Dr. Herbert E. Natof studied 13,433 patients undergoing outpatient operations at Northwest Surgicare Ltd. of Arlington Heights, Ill., one of the free-standing ambulatory surgical centers which are separate from hospitals. Three commonly performed operations were included in the study—tonsillectomy, tubal coagulation for feminine sterilization and implants to enlarge breasts. No deaths occurred. There were 106 complications such as hemorrhage or infection, but only 16 patients had to be transferred to a hospital. Complications, reports Dr. Natof, were no greater than would have been expected from similar operations done during hospitalization.

A.M.A. Journal: Vol. 244, page 1116.

Dietetic-food diarrhea

EXCESSIVE INTAKE of "sugar-free" food-stuffs for weight reduction or to help prevent dental decay can cause persis-

tent diarrhea. The offending elements are hexitols, a group of sugar alcohols including sorbitol and mannitol, the key ingredients in many sugar-free foods. Dr. Mario J. R. Ravry of the Internal Medicine Group, Atlanta, reports the case of a healthy 29-year-old man who, finding it difficult to diet to lose weight, turned to sugarless food to ease hunger pangs and consumed daily two packs (10 sticks) of sugarless chewing gum, two rolls (22 tablets) of sugarless mints, and two dietetic candy bars for a total hexitol intake of more than 50 grams (almost 2 ounces) a day. For two weeks, before the cause was established, he suffered from low abdominal cramps and diarrhea. Once the dietetic materials were stopped, the diarrhea and cramps disappeared. Other reports in the past have traced diarrhea to large quantities—50 to 100 sticks a day—of sugarless chewing gum.

A.M.A. Journal: Vol. 244, p. 270.

Suntanning parlors

AS suntanning parlors become increasingly popular, physicians become increasingly concerned. "There are great dangers in repeated assaults on the skin by harmful ultraviolet light, whether its source is the ancient sun or the new neighborhood suntanning salon," reports Dr. Lewis H. Kaminester of North Palm Beach, Fla. What the light rays can do to the skin is frightening, he notes. "Solar degeneration of the skin produces wrinkling, atrophy (thinning of the skin), hyperpigmented and hypopigmented macules (discolored spots), telangiectases, yellow papules and plaques and solar keratoses"—big words that mean that the skin is sorely damaged, and the solar keratoses (horny growths) often are the first stage of skin cancer. The more solar irradiation a person gets, the greater the chance of developing a skin cancer which may not show up until age 60 but may come much sooner in the case of a light-skinned and blond person.

Report from the A.M.A.

Colgate protection doesn't break for lunch when he does.



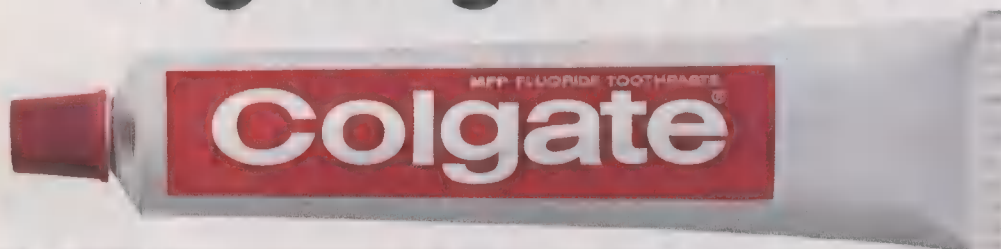
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JILL MOON

Mother Wit

A Short Story by Shirley Nelson

"They're your responsibility," his mother said about the kittens. But now he had a big problem! The mother cat had deserted them. Could one teenage boy be a *purr*-fect mother to four hungry, frisky kittens?

THE MEWING woke him at dawn. Without opening his eyes he could picture the action in his closet. First the feeding—the frantic scramble, the tiny slurps and squeaks, Juanita's odd throaty commands, keeping order. Then the baths. Morning after morning she scrubbed the four of them, with unbelievable patience and alarming pressure.

In the first week they had all fallen asleep again. But as soon as they were old enough to see, they left the nest to play. It was then he came under attack.

The biggest one found him first, drawn—Daniel supposed—by the heat of his body, a six-foot force field. It was a wonder he hadn't killed the kitten. He had bolted up, startled, and thrown it onto the floor. The creature had climbed into his hair.

Now he slept with the sheet up high around his face, blankets tucked in tight under the mattress. He had gotten so he liked the feel of the rolling bodies as they tumbled over him. But it was impossible to get back to sleep

and by the time he got to school he was ready for bed again.

There was no other place to keep them. The garage was too cold, and Charles took over the whole first floor at night, his claws clicking from room to room in old-dog insomnia.

So Daniel's room, the one place his mother would not enter unless invited—where he could turn up the radio beyond a whisper or study without a light over his left shoulder—this one sanctuary was now uninhabitable. The kittens were everywhere, under his bed, on his chair, always in danger of being crushed. If he worked at his desk they climbed onto his book, lay right down on the lines he was reading. And the place smelled. Juanita was using the toilet box, but the kittens were not. They did their business all over the floor, far beyond the boundaries of the newspapers he had spread.

What could he do but escape to a friend's house in the evening, and if he came home after 11:00, his mother was waiting up to greet him with a

worried frown. This made him angry. They would quarrel, he halfway up the stairs, she at the bottom. "What am I supposed to do, Daniel?" she would demand. "You are only 14!"

"Just leave me alone!" he would yell, and take the rest of the stairs in two leaps and crash through his door, where instantly the kittens were upon him, climbing up the legs of his pants.

And they weren't even his kittens. They were Jason's. He was into Jason for \$45, borrowed for this and that. Daniel had saved it all, ready to give back, but when Jason left for college he said, "Take care of Juanita and we'll wipe out the debt." It was a great idea. The cat was good company and no bother. Nobody knew that she was pregnant.

They should have known. There had been a lot of yowling outdoors on the early August nights. If they kept Juanita inside, she issued incredible wails of longing. Their mother said she ought to be spayed. But it cost too much and the cheaper places had no openings. So they let her out again.

To page 115



Left: Snazzy cap and scarf will please a skier. Near right: Padding between squares makes potholders heat-resistant. Far right: One-size-fits-all slippers make a great gift for anyone.



THE FAMILY CIRCLE WONDER LOOM Pull it out—and start weaving!

Yes, it does look funny, and no, we're not stretching the truth—this funny little notched piece of cardboard really is a *wonder*! It's a specially designed FAMILY CIRCLE loom on which you can weave anything from the prettiest of shawls—see our cover!—to a pair of snugly baby booties. And the weaving is simple. Basically all you do is pass any kind of yarn—or even lightweight string—back and forth across the loom through the notches, then tie together the intersections formed by the crisscrossing. Some projects, like the sachets, take only one square; for others, you connect the required number of squares with basic crochet stitches. Sound easy? You bet it is! Even “all thumbs” types can weave on our exclusive loom. Another bonus: Since all our projects are square-by-square, you can tote the loom right along with you and weave in transit, at the office—whenever and wherever you have some free time. Why not pull out the loom right now and start on a sample square? Once you see how easy it is, you'll know why we call it the “Wonder Loom”! Detailed, easy-to-follow instructions for weaving and crocheting begin on page 108. To order extra looms, see page 113.

SEE BUYER'S GUIDE, PAGE 113



Quick and easy sachets take just one square each!

Keep your dog warm and happy in a coat of many colors.





Petal-like effect of squares makes this afghan a beautiful chill-chaser

**More
projects
for you
to make
with our
Wonder
Loom**



**A striking duo:
Elegant winter
accents for you
or a friend.**



Above: Dainty squares make a nifty tote and soft, lacy pillows. **Here:** Woven pockets, crocheted waistband dress up an apron.



HAIRO AND MAKEUP BY GARY DEZENDORF OF VIVES-CLAUDE SALON, NEW YORK CITY.



**Great
kitchen
accents:
Bordered place
mats; "fringed"
coasters; cozy
toaster cover.**



Weave this pretty basket from raffia-like fiber; yarn adds support.



Make any plant a showpiece in this tasseled plant hanger.



Baby-soft! That's our matching hat, sweater, and booties with fluffy pompons, super-size blocks and rainbow afghan.



Fran's

By KATIE SCHMITZ
TRUE-LIFE DRAMA

A doctor had told Fran Clerici that she could never marry, never have children or ever expect to lead a normal life. It was a miracle she was even alive. He didn't know Fran would prove that love and faith and courage can often lead to other miracles—such as motherhood.

When Frances Clerici and Paul Polak became engaged in 1973, the subject of children was always at the center of any discussion about their marriage. "It was never a question of *if* we were going to have children, but *when*," says Fran, a pretty, 29-year-old dark-haired woman who grew up assuming that life would deal her a typical hand: marriage, children, a pleasant life among family and friends in her hometown of Bergenfield, N.J.

Both Fran and Paul pride themselves on being clear thinkers who "know exactly what we want." Paul, for instance, who is five years older than Fran, knew a month after meeting her in 1970 at the department store where they both worked that he wanted to marry her. "I told him he was crazy," Fran says, laughing, as she recalls her response to his first proposal. "I was only 18, had three other boyfriends, and was just interested in dating and enjoying myself."

Paul, however, whose boyish good looks and easy smile mask a stubborn persistence, simply waited, continued to date Fran, and asked her again in 1973 to marry him. She said yes this time, though they both agreed to wait a year until Paul became firmly established in the plumbing trade.

The wedding was set for September 1974. But on July 4th of that year, life was to take an unexpected and tragic turn—one from which Fran was never to recover physically, and one that would shatter any expectations she and



Paul had for a typical future together.

It was early afternoon that July 4th, hot and humid. Fran, then 22, had just finished helping her father hang wallpaper in the hallway of their home in preparation for her wedding, and she then left for her sister Pat's home in a nearby town where she was to meet Paul for a cookout. "I was sitting in the backyard, relaxing by the pool and talking to Pat's kids," Fran remembers. "It was so hot, I decided to go for a swim to cool off."

She glided across the pool's width a few times, then swam to the ladder to climb out. But as she reached the top rung, the ladder swayed and sent Fran crashing head first to the bottom of the shallow pool.

"A split-second later, I was floating face-down in the water," Fran recalls. "I could see my arms and legs, but I couldn't move. I saw my niece Lisa start to kick toward me, then I passed out."

Fran was rushed by ambulance to nearby Good Samaritan Hospital in Suffern, N.Y. Paul and Pat's husband, Joe, arrived at the house to find a police car in the driveway and neighbors crowded around talking excitedly. "I knew there had been an accident, but I thought it was Fran's niece, Lisa," says Paul. "I just assumed Fran went with her to the hospital."

"When I got to the hospital I found out it was Fran who was hurt, but no one knew what was going on. Everybody was standing around crying."

The doctors knew Fran had

broken her neck, and their immediate concern was just keeping her alive. She had pulled her fourth vertebra and fractured her fifth and sixth. If the bones had only bruised the spinal cord they encase, she would live; if they had severed a portion of the nerve tissues, she might be paralyzed. A complete severance of the spinal cord would probably have killed her.

To prevent any further damage, the doctors immobilized Fran by placing her in traction with tongs drilled into two places in her skull to keep her neck straight.

"I felt terrible," Paul said, about seeing Fran the first time in the hospital. "But I went over and held her hand. And I felt her squeeze mine. Just being able to see her and touch her gave me confidence. The doctor said there was a good chance she would live."

"We weren't supposed to tell her that holes had been drilled in her head and her long hair cut off," Paul adds. "She was heavily sedated and knowing those things

would have driven her crazy."

Fran may have been close to death, but in other ways she was fortunate. She had a man who loved her very much, and she came from a close-knit family who believed in faith and a positive attitude. Fran's mother, though terribly worried, gave pep talks to all the family's relatives and friends, encouraging them to be cheerful when they visited.

To help Fran communicate, Mrs. Clerici developed special flash cards with a letter of the alphabet on each one so Fran could express how she felt and communicate her needs. "My mother had still not heard my version of how the accident happened," Fran recalls. "It took me hours, but I told her the story with those cards. I used to blink my eyes—in sort of Morse code fashion—to answer yes or no to a question because I couldn't move any part of my body."

Fran remained in the hospital for two months, unaware of how seriously hurt she was. Even the doctors were uncertain if she would regain the

To page 124

(Far left) Keeping up with an active two-year-old is not easy from a wheelchair, so Fran uses a harness when she's alone with her son, Robin. (Below, left and center) Although she can assist with his feeding, major tasks such as dressing Robin are done by Paul, who has become proficient at diaper-changing. (Below, right) Fran and Paul spend some family time together playing with Robin—the baby most doctors told Fran she could never have.

Baby



Easier-than-you-think Luscious Pastries





Even if you're a novice at baking, you can make fabulous pastries! Thanks to Bernard Clayton, author of two best-selling cookbooks, *The Complete Book of Breads* (Simon & Schuster) and *The Breads of France* (Bobbs-Merrill), all the mystery behind pastry-making has been solved. Clayton studied techniques here and in Europe, experimented with different methods in his own kitchen, tested and tested *and* tested again until he came up with really uncomplicated recipes. The results, however, belie the fact that the instructions are easy to follow—just look at the array of luscious pastries here. Who'd ever believe an expert baker didn't make them!

(Pictured clockwise from left) Glazed Strawberry Pie; Danish pastry Cheese Envelopes and Almond Cockscorns; Cannoli, with chocolate and orange-flavored ricotta filling; Gâteau Paris Brest, topped with almonds and filled with rich pastry cream; Hungarian Apple Strudel, packed with raisins, nuts and apples; golden Apple Dumplings in Syrup, a whole new way to prepare an old favorite; (in the middle) a plate of Danish Jelly Snails and Small Danish Twists made from Easy Flaky Danish Dough. Recipes begin on page 103.

RECIPES ADAPTED FROM "THE COMPLETE BOOK OF PASTRIES: SWEET AND SAVORY"
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BE PUBLISHED BY SIMON & SCHUSTER
PHOTOS BY BILL MCGINN

24

MISTAKE-PROOF HAIRSTYLES

plus exclusive *double discount offer*

What's better than a great new hairstyle? One that's absolutely mistake-proof! And that's what we've got here: 24 pretty new looks from Glemby stylists, designed for specific hair types and charted to give you all the details on cut, gear, time, set and styling so you can't go wrong. What's better than that? A savings when you get the new style! We've got that *twice*. Just turn to page 97 for double-bonus coupon to use at Glemby salons all across the U.S.A. and Canada. You'll get 25% off on any hair service on two different visits. That's a deal you can't pass up!

FINE STRAIGHT

Romanticists may describe this kind of hair as soft and silky and lovely to touch, but anyone who has it knows it often looks limp and lifeless and refuses to hold a set. **Tips from the pros:** ● Whatever your style, always mist hair with a setting lotion to help it hold its shape. ● Short cuts are best because they give fine, straight hair the illusion of more body. They're also easier and less time-consuming to style. ● Frequent trims are very important since this kind of hair separates and looks straggly the minute it begins to grow out. ● Use a body-building shampoo or conditioner or apply neutral henna to hair to give it more bulk. (Flex New Extra Body Shampoo by Revlon helps add oomph instantly.) ● If a sleek look is not for you, consider a perm. Try body only or lots of curls—it will cut down on styling time.

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HAIRSTYLE: GIOVANNA OF JENES, BUFFALO, RLOUSE, CLE

CUT: 2" to 3" layers all over head
GEAR: Plastic-bristled, rubber-base brush, curling iron.
TIME: 15 minutes to dry naturally, 15 more to set
SET: Wind 1½"-wide sections of hair away from face with iron. For bangs, curl forward and up.
STYLING TIPS: No iron? Make side part from hairline to nape and wind all hair in small pincurls going *toward* part. Mist with setting lotion.



HAIRSTYLE: GERARDO BENEDETTO OF BON MARCHE, SEATTLE, SWEATER, ERIC G.

CUT: Blunt cut in back, layered at sides
GEAR: Vent brush, blow-dryer, Velcro rollers*
TIME: 10 minutes to blow-dry, 15 for set
SET: Wind all rollers back and under. Spray with setting lotion. Leave in 10 minutes.
STYLING TIPS: To cut time, blow-dry for 5 minutes and set hair damp. Finish drying by using blow-dryer again for 5 minutes. Remove rollers. Brush back from face with vent brush.

*These are self-gripping rollers that require no clips; available at drugstores and five-and-ten cent stores.



HAIRSTYLE: JOSEPH MANSUELLA OF SEARS, BOSTON, SWEATER, MARISA CHRISTINA

CUT: Slightly layered short cut
GEAR: Blow-dryer, narrow-tooth comb
TIME: 10 minutes from wash to finish
SET: After blow-drying till damp, apply setting gel. Arrange waves with fingers and narrow-tooth comb. Brush wisps forward to form bangs.
STYLING TIPS: Clip one side of hair back with single barrette. On other side, use three barrettes—at temple, at top of ear, behind ear.



HAIRSTYLE: RICHARD KING OF "THE BLOND", GIDDING, IENNY, CINCINNATI, RLOUSE, CLE

CUT: Long, one-length blunt cut
GEAR: Natural-bristle brush, blow-dryer
TIME: 15 minutes to blow-dry, 5 to style
SET: None
STYLING TIPS: After blow-drying, brush hair to one side; grasp at ear level. Twist from end to end; fold in half and twist again. Pin resulting knot close to head. If wearing hair down, set in medium sponge rollers when damp for body.



CUT: 1½" to 2½" layers all over head
GEAR: Five electric rollers
TIME: 10 minutes from wash to finish
SET: Wind rollers around face only; leave in for one minute. Arrange back of hair with fingers.
STYLING TIPS: For a better finger set, mist hair with setting lotion when damp. If ends stick out, hold over a small hot roller for a few seconds.

CUT: One length, graduated at ends for fullness
GEAR: Blow-dryer, smooth-plastic rollers
TIME: 10 minutes to blow-dry 25 minutes for set
SET: Make part on left side; wind rollers downward from part. In back, wind rollers under.
STYLING TIPS: Starting just above left ear, twist side and crown hair counterclockwise over to right side of head. Wind ends into a knot; fasten with hairpins; accent with chignon pin. Brush rest of hair gently, flipping up ends.



HAIKSTYLE: RICHARD KING OF "THE SALON," GIDDING, JENNY, CINCINNATI, BLOUSE: C.I.E.

HAIKSTYLE: PAUL LIONS OF SIBLEY'S, ROCHESTER, BLOUSE: IRMA

FINE WAVY

The wave or curl in this type of fine hair stretches its styling possibilities. Unlike your straight-haired sister, your hair will hold a set better, and if cut in layers to follow your wave pattern, it will look good with very little fuss. **Tips from the pros:** ● Avoid very straight blunt cuts. They'll never fall smoothly, because your wave pattern will interfere. ● Always use end papers with hot rollers. Or, try a special conditioner designed to work with electric appliances, like Kindness Conditioning Setting Spray by Clairol. Its natural proteins help compensate for heat damage. ● Since cleanliness is especially important to fine hair—it's the first to show dirt and oil—learn to shampoo correctly. Soak hair first, then pour a bit of shampoo into palm, dilute with water and lather up. Rinse, rinse and rinse again.



HAIKSTYLE: RICK RODRIGUEZ, "THE BROADWAY," LOS ANGELES, BLOUSE: C.I.E. HAIR ACCESSORY: HIVEA

CUT: Shoulder-length, layered from ear to ends
GEAR: Vent brush, blow-dryer, electric rollers
TIME: 10 minutes to blow-dry, 15 minutes for set
SET: Wind rollers at crown and sides away from face; wind back hair under.
STYLING TIPS: For a soft, "un-set" look, brush hair with vent brush—it slides through hair smoothly. Secure one side back with jumbo hair-comb. When possible, let hair dry naturally.



HAIKSTYLE: GERARDO BENEDETTO OF BON MARCHE, SEATTLE

CUT: Blunt cut with light layering at sides
GEAR: Plastic-bristled rubber-base brush
TIME: 10 minutes to style
SET: None. Let dry naturally; then style.
STYLING TIPS: Brush crown and center back section of hair down to nape; twist into a knot; pin. Starting at nape, twist remaining hair into a soft roll going around head. Do one side at a time, pinning as you go, and join at crown.



THICK STRAIGHT

This is the hair most of us would like to have—and no wonder! It looks terrific layered or straight, pulled back or loose; it's full, versatile, and easy to work with. But—you still have *some* work to do. **Tips from the pros:** ● Use a creme rinse or instant conditioner everytime you shampoo to keep hair manageable. A wise choice for your hair type is Wella Balsam Instant Conditioner. ● Have trims every six to eight weeks to prevent splits. Best cut for you: blunt or slightly layered, medium to long. ● If the humidity makes your hair freak out, try taming it by gently rubbing an anti-static fabric softener sheet over head. ● Use “finger-rolling” for a soft set. Take one-inch sections of hair and roll around fingers; clip in place. Mist with setting lotion.



CUT: Shoulder-length blunt cut
GEAR: Plastic-bristled rubber-base brush, blow-dryer
TIME: 20 minutes from wash to dry
SET: After blow-drying, moisten side hair with setting lotion and fluff out to curve around ears. Hold curve in place with hairclips for 5 minutes.
STYLING TIPS: For volume, turn head upside down and blow-dry from underneath.

CUT: Blunt cut, layered around face
GEAR: Plastic-bristled rubber-base brush, blow-dryer
TIME: 20 minutes
SET: None.
STYLING TIPS: Take section of crown hair from left ear over and sweep across forehead; pin behind right ear. Take section from right ear and fold over first one, tucking ends under. Secure with comb.



CUT: Medium-length blunt cut
GEAR: Vent brush, blow-dryer
TIME: 30 minutes from wash to finish
SET: After blow-drying, finger-roll (see tips). Spray with setting lotion. Leave in 15 minutes.
STYLING TIPS: Tease hair slightly with brush, then brush all hair forward to front of head. Grasp at scalp; twist from end to end. Fold twist back along head; pin.



CUT: Below shoulder-length blunt cut
GEAR: Vent brush, blow-dryer
TIME: 20 minutes to dry, 5 to style
SET: None.
STYLING TIPS: Brush all hair to right. Divide crown section in half and twist halves together three times. Divide underneath hair in two, cross over below twist. Secure all hair with elastic bands at ear and bottom. Wrap with ribbon.

THICK WAVY

At its best, thick wavy hair is sexy, bouncy, full of life. At its worst, it's bushy, flyaway and hard to work with. **Tips from the pros:** ● If you have lots of wave, get a layered style—short or long—or try the new circular cut (*see large photo*) for a super-curly look. If you have a minimum amount of wave, some gentle layering at the sides or crown is usually enough. ● For added control, mist hair with a mild setting lotion as you let it dry naturally or mist gently with a light hairspray to keep ends in place. (Suave Set by Helene Curtis is a setting formula that also adds luster.) ● On days when you can't do anything with your hair, twist back from face with small twists, coils or mini-braids to keep neat and attractive. ● If hair begins to frizz during day, spritz with water.

CUT: One-length blunt cut with wispy bangs
GEAR: Large-bristled round brush, blow-dryer
TIME: 20 minutes from wash till finish
SET: None. Simply blow-dry with brush.
STYLING TIPS: Part hair from ear to ear. Pull lower section to right and make side ponytail at ear level; secure with elastic band. Brush upper section to right and wrap around elastic. Braid remaining hair; accent with hair ornaments.



HAIRSTYLE: MADINE WIGNER OF DIAMOND'S, PHOENIX, BLOUSE: IRMA



HAIRSTYLE: ANTHONY DeARY OF GARREN ■ THE PLAZA, NEW YORK CITY, BLOUSE BY ERIC G

CUT: One length, slightly layered at ends
GEAR: Vent brush, electric rollers
TIME: 25 minutes to set and style
SET: After letting hair dry naturally, part in two-inch sections and twist each section before winding on rollers. Wind rollers away from face.
STYLING TIPS: Part hair from ear to ear, brush crown section forward and twist softly. Flip twist back; push forward. Pin ends into a knot at crown.



HAIRSTYLE: ANTHONY DeARY ■ GARREN AT THE PLAZA, NEW YORK CITY, BLOUSE: CLE, HAIR ACCESSORY: GOODY



HAIRSTYLE: PAUL LYONS OF SLIBET'S, ROCHESTER, BLOUSE: LIZ CLARSON

CUT: Circular cut with slight layering at ends
GEAR: Rubber brush, plastic pick
TIME: 5 minutes to style
SET: None. Let dry naturally and fluff out with pick.
STYLING TIPS: Pull hair back off face with hairband or one of the new flexible combs (Goody makes them) and pull wisps out around hairline to frame face softly.

CUT: Medium, layered from ears
GEAR: Plastic-bristled rubber-base brush, blow-dryer
TIME: 20 minutes
SET: None.
STYLING TIPS: Make left side part. Starting at left ear, twist and roll hair back along hairline to nape. Pin. Repeat on other side, leaving bangs free. In back, twist ends of both rolls into a loose chignon. Pin.

MEDIUM HAIR

If versatility is what you want, you've got the hair for it! As long as yours is healthy and conditioned, you can wear all sorts of cuts and styles. **Tips from the pros:** ● To boost shine, always remember to make your final shampoo rinse *cold*. The cold water will close the scaly cuticles of the hair shaft, making a smooth surface that will reflect light. ● Don't get locked into just one hairstyle. Try different partings, accessories and so on for different looks; blow it dry one day, curl it the next. A nifty gadget to have is Gillette's Super Curl 3-in-1 Steam Styler. Two roller attachments give you big and little curls; a styler attachment provides lift and also straightens. ● For zap, use accessories in threes: a trio of barrettes on the side, three hairbands to hold hair off face.

CUT: One length with wisps around face

GEAR: Round brush, curling iron

TIME: 15 minutes from blow-dry to finish

SET: Make three ponytails—one at each side of head, one in back. Curl small sections of each tail with iron; clip in place. When all hair is curled, remove clips, brush hair from underneath.

STYLING TIPS: For more fullness, let hair dry naturally; finger-fluff 10 minutes, then blow-dry.



HAIRSTYLE: MONIQUE III BONWIT TELLER, PHILADELPHIA. BLOUSE: IRVIA



HAIRSTYLE: RICK RODRIGUEZ OF THE BROADWAY, LOS ANGELES. BLOUSE: CLE

CUT: Short, 2" to 3" layers all over head

GEAR: Vent brush, blow-dryer, curling iron

TIME: 10 minutes from wash to finish

SET: Gently fold 1" sections of hair away from face with iron; release after a few seconds. (Idea is to get direction, not curl.)

STYLING TIPS: After shampooing, spritz hair with a mild setting lotion, then let dry naturally or blow-dry on cool setting for five minutes.



HAIRSTYLE: JOSEPH MARSIGLIA OF SEARS, BATON ROUGE. BLOUSE: IRVIA



HAIRSTYLE: MONIQUE III BONWIT TELLER, PHILADELPHIA. BLOUSE: CLE

CUT: Medium length, layered slightly

GEAR: Blow-dryer, electric rollers

TIME: 25 minutes from wash to finish

SET: After blow-drying, wind all rollers toward crown. Mist lightly with setting lotion. Leave in for 10 minutes.

STYLING TIPS: Brush hair up and over to right side and make a neat French roll in back. Brush top hair forward so it falls onto forehead in curls. Secure just off center with hair comb.

CUT: Blunt cut, layered around face

GEAR: Nylon and natural-bristle round brush, Velcro rollers*

TIME: 20 minutes from wash to finish

SET: After blow-drying hair around brush, set crown on three rollers wound away from face. Leave in 10 minutes.

STYLING TIPS: To add volume, spray hair with setting lotion after towel-drying, then blow-dry. Smooth hair back with ribbon.

*These are self-gripping rollers that require no clips; available at drugstores and five-and-ten cent stores.

BLACK HAIR

A lot of women don't realize it, but Black hair is very fragile—everywhere a strand curls it is more liable to breakage. And that means it calls for the gentlest of care. **Tips from the pros:** ● Make sure you comb/brush hair very gently. Never brush it wet and comb it section by section, after application of a light hairdressing cream, to remove tangles. ● Limit use of electric appliances to three times a week. Whenever possible, let it dry naturally and use plastic rollers for curling. ● If your hair is chemically processed or you use electric appliances, deep-condition it twice a month. (Radiance Penetrating Conditioning Treatment by L'Oreal is a super 30-minute treatment that helps repair splits and replenishes natural oils. It's especially good for relaxed hair.)



CUT: Blunt cut with bangs
GEAR: Metal-bristled brush with cushioned base, plastic rollers
TIME: 30 minutes from wash to finish
SET: After towel-drying hair, set on medium-size plastic rollers, all wound away from face. Leave in for 25 minutes or till hair is dry.
STYLING TIPS: Brush hair gently and arrange with fingers, pull bangs to the side. For more curl, use an iron.

CUT: Very short "natural," slightly tapered so it's narrower at sides, wider on top
GEAR: Rubber-bristled oval brush
TIME: 10 minutes from wash to dry
SET: None. Simply brush top up, sides back, front forward.
STYLING TIPS: For a sleeker look, apply a finishing rinse after shampooing and slick sides back with gel. For pouf, use a pick and fluff out.



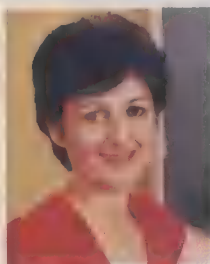
CUT: Medium-length blunt cut, angled at sides
GEAR: Vent brush, blow-dryer
TIME: 10 minutes
SET: None.
STYLING TIPS: To get the straight look, part hair at center crown and blow-dry one-inch sections at a time, using brush to pull hair away from head. For a wilder look, spritz hair with water, finger-fluff, dry naturally.



CUT: Blunt cut all around with back oveled to follow shape of neck
GEAR: Vent brush, curling iron
TIME: 20 minutes
SET: Curl front hair back and up to form bangs.
STYLING TIPS: Let hair dry naturally, then part on right side and brush hair toward left. Make a flat French roll going all the way up to crown. Pull bangs onto forehead; arrange with fingers.

Save up to \$1,000 a year on beef*

*Based on a family of four



Think you can't afford to buy beef the way you used to? *You can!* By using my simple meat-cutting techniques, you can feed your family steaks, stew, hamburger and more for half of what you usually spend. As a former butcher and founder of a New Jersey meat-cutting school, I

know these secrets: The way you cut meat is the key to cutting costs. And that chuck, the bargain cut, is a lot more tender, economical and versatile than you think. On this and following pages, I'll show you how to take two easily available, low-priced supermarket chuck steaks and turn them into tender rib eye steaks, sandwich steaks, beef kabobs, stew, hamburger and soup. Don't think that cutting up steaks is something only a pro can do; it's really very easy. Once you pick up your knife and start cutting, using our easy-to-follow instructions, you'll slice a substantial chunk out of your weekly grocery bill. By EMILIE TAYLOR

HOW TO PICK THE BEST AT THE SUPERMARKET MEAT COUNTER

If you're like most people, you probably have a hard time deciding which steaks or roasts on display are the best. With the price of a small steak over \$5 and a fair-sized roast beef costing more than \$10, you have good reason to be choosy. That's why it helps to know what the *color*, *texture*, *marbling* and *fat* should look like in a choice grade of beef.

Following are clear definitions of these qualities, to help you make smart dollar-saving selections at the supermarket meat counter. Besides the look

of the meat, also take into account the cost factor. *Always* comparison-shop! One supermarket may be selling good-looking first cut chuck steaks for \$1.29/lb., while another is asking \$1.79/lb.

Color: Beef can be purple, dark red, light red or pink. The lighter the color, To page 102

HOW TO SAVE 44%

Cost before cutting: 2 1/4 lb. first cut chuck steak at \$1.49/lb.	\$3.35
Value after cutting: 12 oz. rib eye steak at \$4.99/lb.	\$3.74
12 oz. stew meat at \$2.29/lb.	\$1.72
8 oz. soup bones at 99¢/lb.	.50
4 oz. fat or suet	-0-
Total value after cutting:	\$5.96
By cutting you save!	\$2.61

Stew for two—value: \$2.29/lb.

From the less tender top half of the steak, you can cut up cubes for stew at a bargain price.

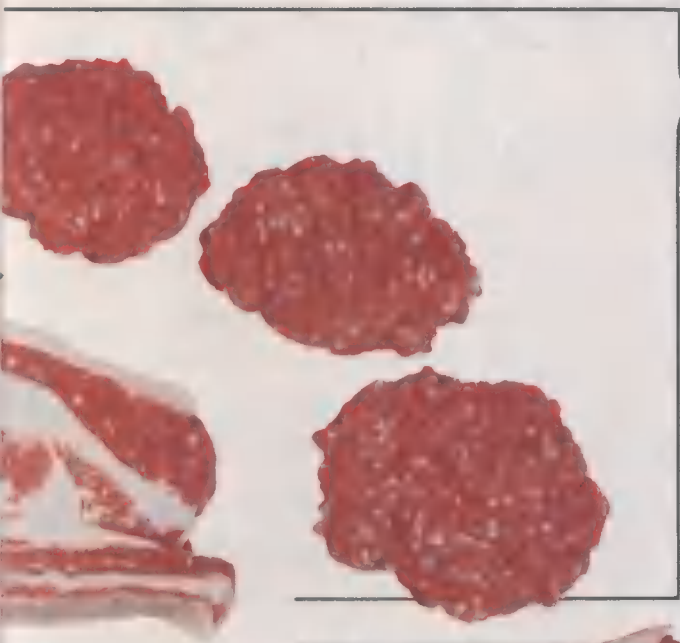


Royal boneless rib eye steak—value: \$4.99/lb.

This top-dollar rib eye steak is the valuable bonus you can cut from a first cut chuck steak—and you get it for only \$1.49/lb.

The secret's in the cutting!

How to take a 1"-thick, \$1.49/lb. first cut chuck steak and get a \$4.99/lb. rib eye steak out of it.



OR four fresh-ground hamburgers—value: \$2.29/lb.

If you don't want stew, you can take the top half of this steak and grind it up into fresh ground chuck that truly tastes as good as ground sirloin.



Meaty bones for soup—value: 99¢/lb.

Nothing goes to waste with your chuck steaks. Use all the bones and scraps of meat for a tasty beef stock.

HOW TO CUT LIKE A PRO

Use these simple tips and you'll soon be cutting up chuck steaks like a pro.

- Always cut your meat when it's semi-frozen; it's easier to slice then. Place fresh meat in the freezer for a while to harden, or thaw frozen meat just enough so that you can slice through it. (If meat is semi-frozen, it can be re-frozen.)

- You don't need very costly knives, just sharp ones. Two regular household knives—a 5" to 6" utility or boning knife for boning and trimming and a 9" ham or bread knife for slicing and carving—will do. A dull knife makes cutting and slicing tedious because you must use greater force.

- Sharpen your knife every time you use it. To test sharpness, take a full page of newspaper, hold it up and slice it lengthwise with your knife. If it cuts through easily, then you have a sharp, smooth blade. A stop-and-start action indicates that there are nicks and that the blade needs a good grinding.

- Don't sharpen your knife on the electric sharpener attached to can openers; it will roughen the edge and wear the blade down faster. Instead, use a honing stone or a long, round steel sharpener with a handle.

- Don't clutter your cutting board. Allow yourself plenty of room.

- For safety, cut away from the hand that is holding the meat.

To page 102

How to turn a first cut chuck steak into a rib eye and more



1. Lay meat flat on cutting board. Make sure it's in the same position as in the illustration with the rib bone in the lower right corner. A true first cut chuck steak has a straight, flat, white, cartilage bone in the top center area of the steak.



2. Separate the top half from the bottom half by pulling and cutting along its natural seam as illustrated. Set aside top half (called top cap meat).



3. On your cutting board is an untrimmed rib steak. You can make a *boneless* rib eye steak by holding the steak upright and cutting the meat from the bone. The steak still needs a little trimming. Remove the fatty triangular piece on the right and, on the left, a yellow gristle. Trim outside fat or shiny tissue.



4. Separate top cap meat from above the blade bone by pulling off at the natural seam, as illustrated, and cutting, if necessary. Remove remaining meat from the blade bone. Trim meat by removing any fat and shiny tissue on the sides. You can use this meat for soup, stew or ground beef.



5. The easy way to remove tissue: Insert knife in middle of tissue and cut to right; then lift cut tissue as illustrated, and cut back to the left, then off.

For how to save by cutting a center cut chuck steak, see page 100

The ABC's of Vitamins

Here's news in vitamins

Research now shows that vitamins do more than simply overcome deficiencies. In some instances, vitamins act as therapeutic "drugs," helping to treat malfunctions and illnesses. Here are some promising new findings about vitamins.

Vitamin B₆

● **Fertility.** Drs. J.T. Hargrove of Columbia, Tenn., and G.E. Abraham of Rolling Hills, Calif., prescribed 100 to 800 milligrams of B₆ a day to 14 women infertile for one and a half to seven years and also suffering from premenstrual tension. The vitamin was tried because of its possible effect on excessive levels of a hormone, prolactin, which may be associated with premenstrual tension and infertility. Twelve of the women were able to conceive. (*Report to American Fertility Society, San Francisco meeting.*)

● **Recurrent bladder cancer.** B₆ has proved as helpful as the usual drug treatment, thiotepa, in reducing the number of new tumors in patients with recurrent bladder cancer, according to a Veterans Administration study done with 121 patients. *To page 128*

By EARL MINDELL, a charter member of the American Academy of the General Practice of Pharmacy, the American Nutrition Society and the National Health Federation. Mindell writes a syndicated column on vitamins and runs nutrition seminars across the country. He is also the author of the best-selling "Earl Mindell's Vitamin Bible" (Rawson, Wade, 1979).

In my opinion, all of us need a daily vitamin regimen consisting of one high-potency multiple vitamin with chelated minerals, one vitamin C, 1,000 mg. with bioflavonoids and rose hips, and one high-potency chelated multiple mineral supplement, taken with breakfast and dinner.

Confused about which vitamins you should be taking? Perplexed by those rows upon rows of synthetic Bs, natural Cs and some you've never heard of before? Bewildered by conflicting reports about the value of vitamins? If so, here's a complete, up-to-date report on the facts, fallacies and the most recent findings about these complex and versatile nutrients

By LAWRENCE GALTON, JUDITH GLASSMAN and EARL MINDELL

The vitamin controversy

Do we need vitamin supplements or don't we? Can our diet provide us with all the essential nutrients we need? Does megavitamin therapy—generally defined as taking supplements in greater than 10 times the amounts specified by the U.S. Recommended Daily Allowances (RDA)—create a kind of superhealth, protecting against chronic diseases and disorders—perhaps aging? *To page 128*

20 times when you need special vitamins

But there are times when these daily doses are not enough, because the body's vitamin requirements are affected by many different things—such as weather, illness, a bad day at the office or a too-good night on the town. All of these situations can increase our nutrient needs.

Here are 20 instances which call for vitamin supplements. If more than one situation applies to you, read your vitamin labels *carefully* and adjust the combined regimens so that you are not double-dosing yourself, only adding the additional vitamins.

NOTE: These regimens are recommendations, not prescriptions, and are not intended as medical advice.

Before starting any new program, you should check with a nutritionally oriented doctor, especially if you have any physical problems or conditions or are taking any medication. Also when starting a regimen, always increase intake slowly.

● **If you smoke.** Every cigarette smoked destroys about 25 mg. of vitamin C and has many other harmful effects, as we all know. Compensate with: vitamin C, 2,000 mg., A.M. and P.M.; vitamin E, 400 to 1,000 I.U. daily, depending on how much you smoke; vitamin A, 10,000 I.U. daily.

● **If you're quitting smoking.** Irritability, the most common nicotine withdrawal symptom, makes quitting *To page 129*

Definitions you should know

VITAMINS: Found in foods, vitamins are substances that the body requires to convert foods into tissue or energy. There is some disagreement as to which substances qualify as true vitamins. However, all the experts agree on these: A; the B complex, which is made up of B₁ (thiamine), B₂ (riboflavin), B₆ (pyridoxine) and pantothenic acid; C; D; E; and K.

MINERALS: Supplied by foods, minerals are elements that appear in body tissues and help regulate many vital processes, such as nerve transmission, muscle response, hormone production, water maintenance and acid/alkaline balance. In addition, these important substances allow nutrients to pass into the bloodstream, help transfer chemicals in and out of cells and help in the formation of antibodies. The minerals we need are: calcium, phosphorus, magnesium, iron, zinc and iodine.

TRACE ELEMENTS: Substances required in minute amounts for proper body function. They are copper, chromium, fluoride, manganese, molybdenum and selenium.

ENZYMES: Produced in the mouth, stomach, pancreas and small intestine, these large protein molecules break down carbohydrates, proteins and fats so they can be digested and eventually absorbed.

METABOLISM: The conversion of digested foods into body tissue or energy.

ANTIOXIDANTS: Substances that protect other substances from being burned up by oxygen, preventing a sort of internal "body rust." In the body, antioxidants protect vitamin A and polyunsaturated fatty acids, and help protect cells from aging.

FAT-SOLUBLE VITAMINS:

Excesses of these vitamins—A, D, E and K—are stored in fatty body tissues (like the liver).

WATER-SOLUBLE VITAMINS:

These vitamins—B complex and C, for example—are not stored in the body. Excess amounts are flushed out in the urine and perspiration.

BIOFLAVONOIDS: Substances that sometimes accompany vitamin C in fruits and vegetables but are not found in synthetic vitamin C tablets or powders. The bioflavonoids—citric, hesperidin, rutin, flavones and flavonols—help our bodies absorb vitamin C.

NUCLEIC ACIDS: DNA and RNA, two types of nucleic acids, are genetic material found in the nucleus of every living cell. They contain and transmit the information necessary for cells to reproduce themselves accurately.

ORGANIC: From living sources, plant or animal.

INORGANIC: Composed of elements that are found in water or soil; non-living.

NATURAL VITAMINS: Vitamins derived from natural sources like foods. However, since there is currently no legal definition of "natural," some vitamin preparations labeled "natural" may contain man-made vitamins.

SYNTHETIC VITAMINS: Vitamins derived from man-made sources. There is disagreement over whether natural vitamins are more effective than synthetics, but according to the F.D.A., the chemical structure of a vitamin *To page 130*



Q & A

Which vitamins do what?

We don't know all the ways in which vitamins help us but we do know that each one is responsible for maintaining and helping our bodies. Here are the functions of the major vitamins:

A: Good eyesight, healthy skin, nails, teeth and bones, protection against infections.

B₁ (Thiamine): Good digestion, utilization of carbohydrates, proper nervous-system functioning.

B₂ (Riboflavin): Healthy skin and hair, helps transform proteins, fats and carbohydrates into energy, protection against skin and eye disorders.

B₆ (Pyridoxine): Needed for red blood cells, nerve tissue and antibody production, helps protein formation and amino acid utilization.

B₁₂: Necessary for hemoglobin synthesis, helps maintain nervous system.

Biotin: Metabolizes fats, carbohydrates and proteins.

Folic Acid: Important for red blood cell production and production of genetic materials for the cell nucleus.

Niacin (nicotinic acid):

Healthy nervous system, fat synthesis.

Pantothenic Acid: Aids nervous and digestive system functioning and many other bodily processes.

C: Required for the body to manufacture collagen, the body's "intercellular glue," helps injuries heal, aids in iron absorption.

D: Needed to help maintain and utilize calcium and phosphorus for strong teeth and bones.

E: Protects cell membranes, prolongs life of red blood cells in the circulatory system, helps the body to utilize vitamin A.

● *What doses of these vitamins are considered safe?* According to Dr. Callaway of the Mayo Clinic, "As far as toxicity is concerned, the range that is safe varies enormously from one nutrient to another. And that range will be narrowed depending on genetics and whether the person has other illnesses or not." Here are some guidelines:

Vitamin A: According to recent studies, symptoms of toxicity in adults, *To page 130*

Send for your free Hudson vitamin chart. This valuable reference includes explanations of all the major vitamins and minerals, descriptions of what they do, and which foods are rich sources of each, plus a complete listing of the USRDA's. Keep it handy to help you choose vitamins your family needs. Just fill out coupon and mail to top address.

Hudson Vitamins, Dept. FC, Box 262, Elizabeth, N.J. 07206

I am enclosing 30¢ (stamps or coins) for postage and handling for one copy of the Hudson Vitamin nutrition chart, "Staying Healthy, Feeling Good"

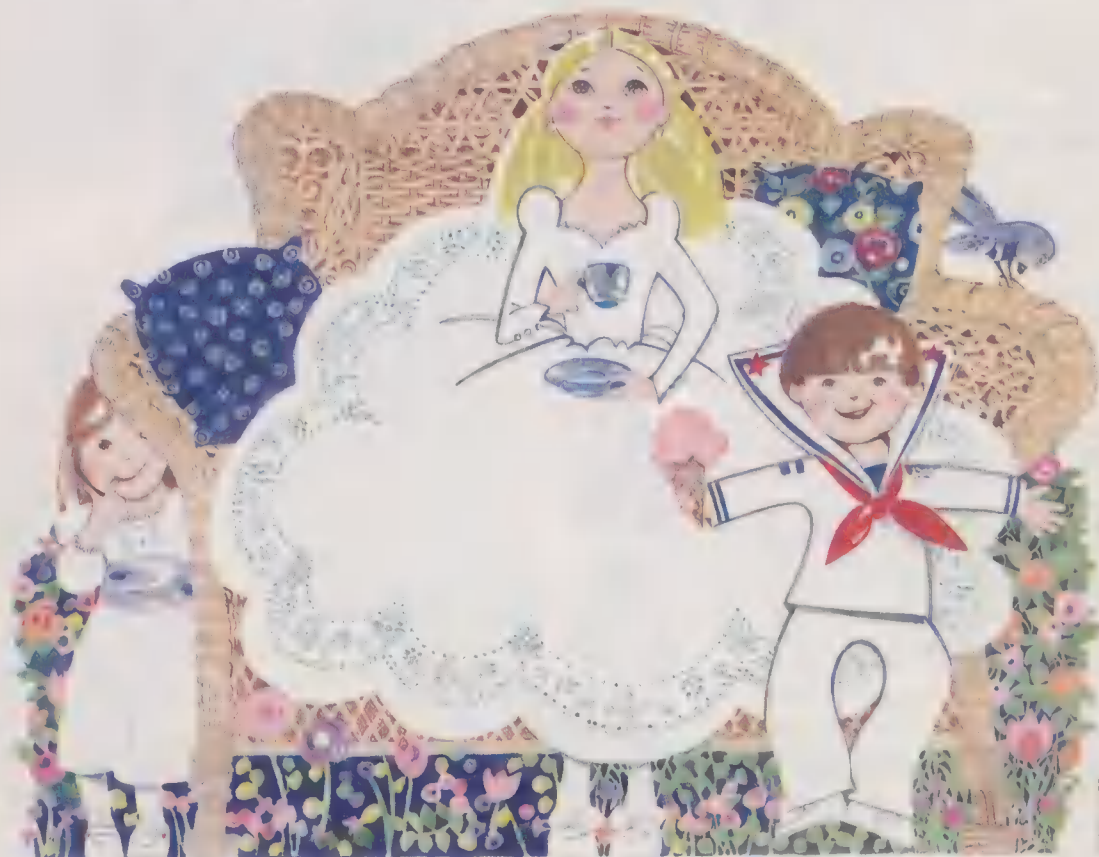
NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

Allow six to eight weeks for delivery. (Be sure to include ZIP Code.)

Mary Ellen's Fresh As Spring Helpful Hints



Windows that sparkle...

- Never wash windows on sunny days. They will dry too fast and show streaks.
- Never use soap. Instead, add $\frac{1}{2}$ cup ammonia, $\frac{1}{2}$ cup white vinegar and 2 tablespoons of cornstarch to a bucket of warm water for a perfect window-washing solution.
- Or, try windshield-washer fluid, the type that comes in a gallon jug. You'll find that it's cheaper than commercial window sprays and that it works better.
- If you use a wooden stepladder when washing outside windows, attach a paper-towel holder to the underside of the top step. This way the towels will be handy when you work!

And a breeze that enhances...

- Clean screens with the dusting attachment of your vacuum cleaner.
- Or, brush with carpet scraps that have been nailed to wooden blocks.
- Dust the screens, brush kerosene on both sides with a small paintbrush, then wipe carefully with a clean, soft cloth to remove surplus. The treatment helps prevent rust on iron screens.
- If you have hopelessly dirty window screens, take them to a do-it-yourself car-wash. The high-pressure hoses shoot

streams of hot soapy water and clean all grime and dirt. Try this method to remove peeling paint before repainting frames.

- Curtains will look bright as springtime if you add $\frac{1}{2}$ cup of Epsom salts to the final rinse cycle.
- If you like to keep your shades down for privacy and the window open at the same time, you can prevent the window shade from flapping in the breeze by screwing a cup hook into the center of the lower window frame; then wind the shade cord around the cup hook.

Children out playing...

- An empty plastic detergent bottle filled with water makes a great squirt gun.
- Draw doors and windows on an old sheet and lay over a card table for an instant clubhouse.
- Or, hang an old blanket over the clothesline to make a tent.
- If little ones are running in and out all day, make sure the door doesn't slam on their fingers: Hang a bath towel over the door so it won't close completely.
- If your child's slide isn't slippery enough, rub a sheet of wax paper on it and watch the youngster go.
- Apply nonslip bathtub decals to a

swing seat to prevent a child's falling off.

- Cover swing chains with sections of garden hose to provide a steadier grip.

Girls in white dresses...

- Have you tried just about everything to remove an impossible stain from a favorite white dress and nothing has worked? Don't give up! Try Rit® color remover, available at supermarkets in the dye section. It should do the trick.

Bright shoes and spring dances...

- If there are scuff marks on white shoes you just can't remove, try covering the marks with typewriter correction fluid before polishing.
- White shoe polish will go on evenly if you cover the shoes with rubbing alcohol before applying the polish.
- Restore the new look to patent-leather by cleaning with a cloth moistened with white vinegar. Wipe with a clean cloth.
- Give your patent-leather shoes a bright shine by rubbing with a dab of petroleum jelly or furniture polish.
- Preserve your daughter's prom corsage with a kit of silica gel, available at your local florist or crafts shop. Carnations will dry naturally in the open air.

When I think of spring, these are a few of my favorite things: white shoes and white dresses, spring dances and showers, open windows and breezes, wicker furniture and flowers, children out playing, green grass that's here to stay and a mother who loves you (and her special day). And here's my best of helpful hints for my favorite things. By MARY ELLEN PINKHAM

Tennis shoes and jeans...

- Spray new canvas or rope-trimmed shoes with a fabric protector to keep them looking new.
- To clean rope-trimmed canvas shoes, rub with a toothbrush that has been dipped in rug shampoo.
- Keep tennis shoes looking like new by spraying heavily with starch.
- If you don't want the color to fade from new designer jeans, soak them in cold salt water for an hour before laundering. Also, turn inside out before washing.

Picnics and barbecues...

- To prevent picnic tablecloths from blowing in the wind, spread two-sided adhesive tape here and there on the table, especially at the corners.
- Use a muffin pan to hold fixings such as mustard, ketchup, relish and onions. You won't have to pass a lot of separate bottles and jars.
 - You will find that a coat of car wax is a quick pickup for dulled plastic picnic tabletops.
 - To start a charcoal fire so that all the coals light evenly and quickly, set an empty coffee can (which has been opened at both ends) in the barbecue pit and fill with charcoal. Add charcoal starter and light. When the coals are glowing, remove the can with tongs and set in a safe place. Spread the coals, replace the grill and start cooking.
 - Add a delicious flavor to barbecued foods by sprinkling the coals with fresh herbs that have been soaked in water.
 - Use an empty plastic squeeze bottle for bellows to fan the coals.
 - Spray charcoal that has not burned completely with water after using, then let dry in the sun for a few days. It'll be ready to reuse next time you barbecue.

And lawns that are green...

- Use a three-pound coffee can with holes punched in the bottom to spread fertilizer on your lawn.
- If you seed a bare spot on your lawn and have no roller, lay a wide board on the newly seeded patch and walk on it.
- When you want to water shrubs located in a specific area but do not want to stand and hold the hose, a wire coat-hanger can be poked into the ground, fashioned into a support for the hose and the water directed as desired.
- Keep a few flowerpots filled with sand out of doors and you won't have to worry about smokers littering your lawn, or someone stepping on a lit cigarette.

April showers and May flowers...

- To avoid lost rain boots at school, cut

two pieces of matching colored tape and stick them on the backs of each boot heel. Your child can easily spot them, even in a jumble of many pairs.

- To add length to short-stemmed flowers, slip stems into plastic drinking straws before placing in the vase. Make sure that the straws are filled with water.
- Refrigerate flowers each night. This alone can double their lives.

Wicker furniture with bright pillows...

- Wicker will not turn yellow if it is washed in a solution of mild salt water.
- If your wicker chair seat sags, bring it outside and wet it with a hose. Let it dry in the sun and watch the seat tighten up.
- To get all the dust out, vacuum the outside of your chair and sofa cushions as usual, but then place the cushion in a large plastic bag. Place the vacuum hose on the edge of the cushion and draw the bag tightly around the hose. Turn on the vacuum and all the air will be quickly drawn out of the bag and cushion.

Birds singing outdoors...

- To attract birds to an outdoor birdbath, drop in a few colored marbles.
- Having trouble keeping squirrels out of your bird feeder? Cut a hole in the bottom of a plastic wastebasket and slide it upside down on the pole that holds the bird feeder.

Fresh paint and awnings that billow...

- To remove spattered paint from brickwork, use another brick as a scrub brush. For concrete, use a broken piece of concrete. The dust created by scrubbing camouflages the traces of spatter that remain.
- After paintbrushes and rollers have been thoroughly cleaned, soak them in a small amount of fabric softener and water before drying. It helps them stay pliable.
- Make old canvas awnings look like new by painting with canvas paint. It's available at your paint store.
- Keep a record of the color and amount of paint that was used to cover each room by writing the information on the back of a light switch.

Cars and houses that shine...

- To enhance the shine on a newly waxed car, spray it with cold water and dry immediately.
- Brighten wall paneling by polishing with shoe polish in the same color.
- Clean the insides of drawers without disturbing the contents by covering a vacuum-cleaner nozzle with cheesecloth and fastening with a rubber band.
- To keep your dustpan clean, wash it thoroughly, dry and apply a coat of wax.

Clothes off the line...

- Before storing winter blankets for the summer, wash them and add 2 cups of mothballs to the rinse water.
- Store out-of-season clothes in large plastic-lidded trash cans. Not only will your clothes be mothproof, they will stay dry in humid basements.
- Hand-washable sweaters should be laundered before they are put to rest for the summer, and here's a simple way to accomplish the job. Hand-wash in your favorite cold-water-wash product. But here's the trick: Fill your washing machine with cool water and add a little fabric softener. Swish the sweaters around by hand until they are thoroughly rinsed. Drain the tub and set it on the final spin cycle. Unlike hot water and agitation cycles, the spin cycle will not cause shrinkage. The sweaters can now be spread on towels without leaving puddles. Or, drape them on framed window screens that are set across the backs of two chairs.
- If you're out of fabric softener, add a few capfuls of creme rinse for hair to the final rinse water. It works just as well and it won't harm the fabric.
- After removing your summer clothes from storage, hang the garments on the curtain rod in your bathroom and cover with clear plastic bags. Run the hottest tap water possible from the shower. Close the bathroom door and let the water run for a while. The steam will penetrate the clothing and remove most of the wrinkles.
- To cut down humidity in a closet, fill a coffee can with charcoal briquettes. Punch holes into the cover and place the container on the floor.

And Easter eggs on which to dine...

- If you plan on blowing eggs for an Easter-egg tree, it doesn't mean that you'll have to eat scrambled eggs all week. Grease the top of a double boiler, put the blown eggs into it without stirring and cook until firm on a medium heat. Chop by crisscrossing with a sharp knife, and—*presto!*—you have chopped hard-cooked eggs for sandwiches and salads.
- For Eastertime, save plastic containers (the kind yogurt comes in). They make ideal containers for mixing colors for egg dyeing and they're just the right size for dipping eggs.
- The children might enjoy making their own Easter-egg dyes. Boil the eggs with beets for red, onion skins for yellow and grass for green. ■

MARY ELLEN PINKHAM is the author of the best-selling books "Mary Ellen's Best of Helpful Hints" and "Mary Ellen's Best of Helpful Kitchen Hints."



FURNITURE CLASSICS

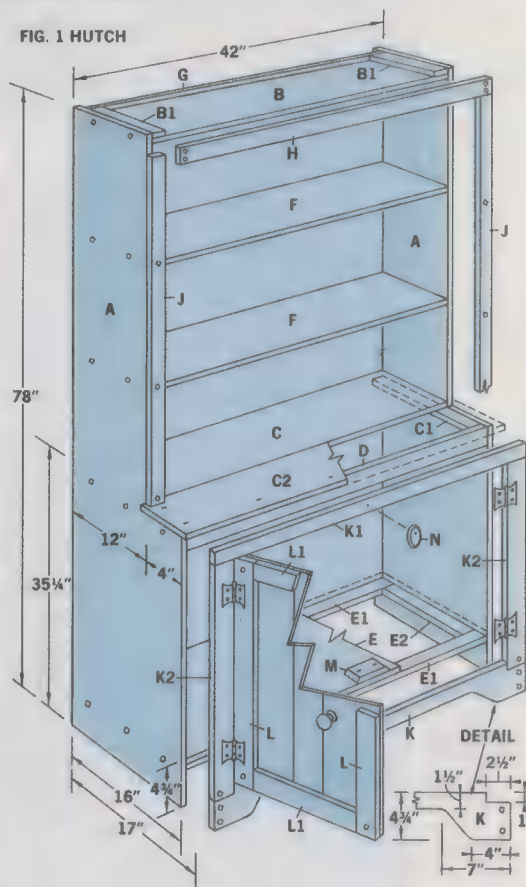
Make them yourself easily and cheaply

Don't let these pictures fool you—the beautiful “antiques” on these pages are neither out of your price range nor hard to find. They're handsome classics you make yourself with simple tools and easy-to-get materials. Each piece has been carefully designed, right down to the smallest detail, to be as close a copy of a real antique as possible. (Some slight changes, such as height adjustments, were incorporated to make ours more functional.) What's more, this heritage furniture is cheap—even less expensive than reproduction kits. How-to's begin here. By ROBERT L. ANDERSON





FIG. 1 HUTCH



An "antique" that's made for today—the coffee table/bench, circa 1840, with its built-in storage bin. It's made of plywood plus lumber framing and finished with an anti-queing technique. Heritage Hutch of knotty pine-faced plywood and knotty pine/lumber-framing is a copy of one from 1810. Takes only simple cuts to make it yourself.

HERITAGE HUTCH 42"Wx78"H.x17"D.

AVERAGE For those with some experience, but do-able for everyone.

TOOLS REQUIRED: 24" steel square or combination square; crosscut hand saw and coping saw, or saber and circular power saws; hand or electric drill;

claw and tack hammer; carpenter's level; screwdriver; hand sanding block or power sander; sandpaper.

MATERIALS: Plywood—one 1/4"x4'x8', one 3/4"x4'x8' INT grade pine faced plywood; lumber—one 1/2"x3"x16', one 1x2x20', one 1x3x12', one 1x6x8', one 1x12x7'; hardware—2d, 3d, 4d, 8d finishing nails; finished masonry (cut) nails; 12" #6, 2 1/2" #8 WH. (wrought head) nails, 2d hinge nails (see *Buyer's Guide*, page 31); four wrought-iron cabinet doorknobs; glue; filler; stain. To page 120

BOB STOLLER
SEE BUYER'S GUIDE, PAGE 31
DESIGNS: REIN VIRKMAA
ILLUSTRATIONS: BILL MEYERIECKS





Catalog of the Quickest Growing Houseplants Around

FAST, FASTER, FASTEST!

Sure, you'd love a house full of big, lush, leafy plants—but you don't want to wait years for them to get that way, right? With our three-page catalog of fast, faster, fastest-growing plants, you don't have to! We've scouted out 24 foliage plants that shoot up in almost no time; some even gain a foot or more in the first six to 12 months. Plus we have eight gorgeous flowering varieties that bloom almost constantly. And, to make sure you get that abundant growth we're talking about, we've coded each plant for the exact care it needs. So find your favorites, stock up on seedlings now and you'll have a veritable greenery sooner than you ever thought possible! By BARBARA and CHUCK CRANDALL

FAST



Hawaiian Tree Fern
B to FS/EM/HN/W



False Panax
FS/EM/FE/T



Umbrella Plant
B/SD/FE/W



Chinese Evergreen
B/EM/CF/T



Stripe-leaf Dracaena
B/EM/alternate FE & CF/W



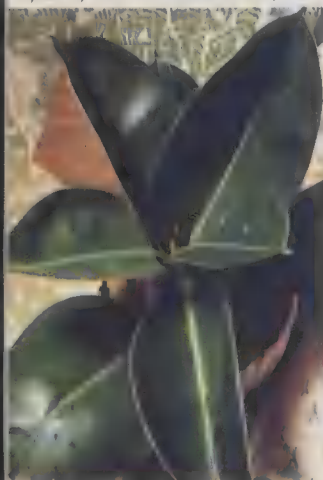
Dieffenbachia
B/SD/CF/W



Weeping Fig
B/SD/alternate FE & CF/W



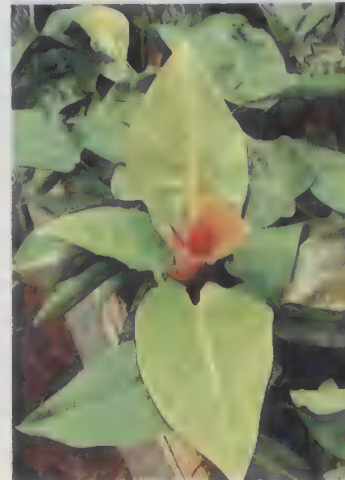
Areca Palm
FS/EM/HN/W



Rubber Plant
B/SD/FE/T



Silk Oak
S/SD/HN/W



Birdsnest Philodendron
B/EM/FE/W

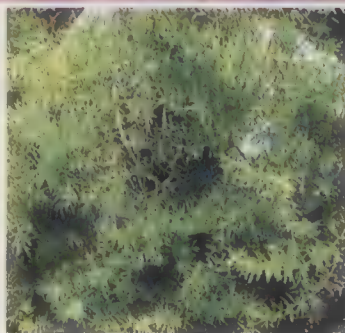


Bamboo
FS/EM/alternate FE & CF/T

FASTER



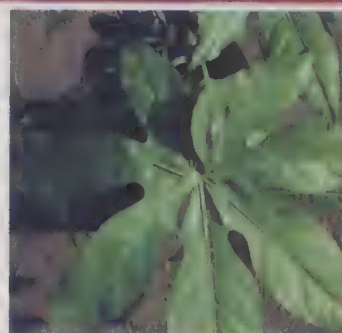
Coleus
S/EM/CF/W



Asparagus Fern
B/EM/FE/W



Boston Fern
B to FS/EM/CF/T



Japanese Aralia
FS/EM/CF/T

PLANT CARE CODE

LIGHT

S = Full sun

FS = Filtered sun

B = Bright diffuse light (back from a south window)

M = Medium light (north window exposure)

Supplement natural light with artificial during dull winter days, and move plants that prefer M or B into S.

WATER

EM = Evenly moist

SD = Slightly dry

During summer months, plants light enough to lift should be tub- or bucket-soaked once a month for 15 minutes to saturate the root ball. Keep *all* plants slightly drier in winter.

FERTILIZER (Liquid)

FE = Fish emulsion (5% to 7% nitrogen)

CF = Complete fertilizer (12% to 18% nitrogen)

HN = High nitrogen (acid food; 20% to 30% nitrogen)

Feed plants every two weeks from April to September (except where noted in descriptions) with fertilizer diluted to half strength (fish emulsion at full strength). Do not feed newly potted plants or those you're going to repot within 7-10 days. Recently purchased plants won't need fertilizer for six months.

TEMPERATURE

W = Warm (70°-78°)

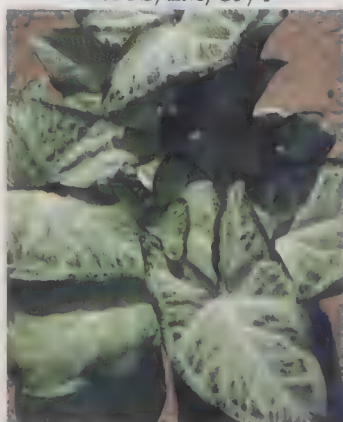
T = Temperate (66°-72°)

C = Cool (55°-68°)

With a few exceptions, indoor temperatures aren't crucial unless there's a sudden drop or rise. In highs of 80° or 90°, provide cross-ventilation and additional humidity to keep plants from dehydrating.



Split-leaf Philodendron
B/EM/FE/W



Arrowhead Plant
B/EM/FE/W



Corn Plant
B to FS/EM/CF/W

FASTEST



Elephant's Ear
FS/EM/FE/W



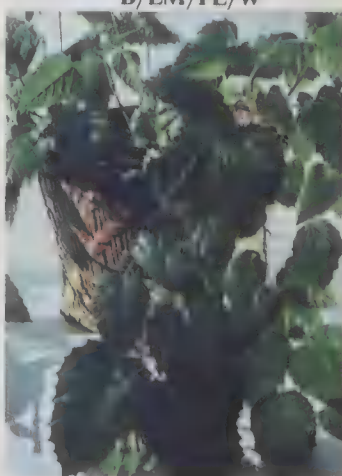
Tree Philodendron
B/EM/FE/W



Spider Plant
B/EM/FE/W



Grape Ivy
M to B/SD/FE/T

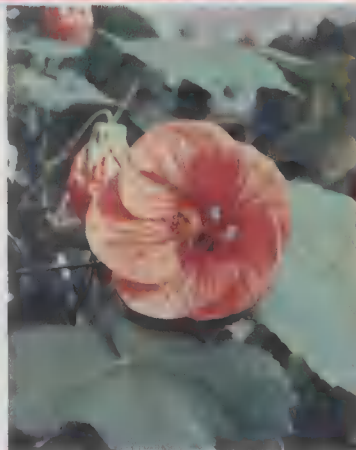


Kangaroo Vine
B/SD/FE/T

FASTEST FLOWERING



African Violet



Flowering Maple



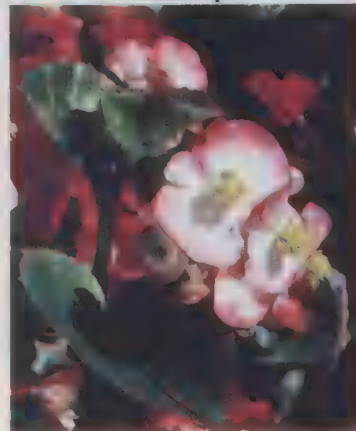
Coral Plant



Heliotrope



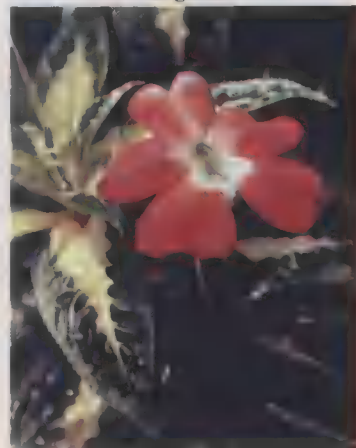
Firecracker Flower



Begonia



Columnea



Impatiens

Special tips and information on our fastest-growing foliage and flowering houseplants

FAST (in alphabetical order)

ARECA PALM (*Chrysalidocarpus lutescens*) can produce eight to 10 new fronds (3' wide and up to 5' long) the first six months. The secret of an abundance of fronds in this elegant, easy palm is ample water—it demands continuously damp—even wet—soil. • You may have to re-pot every second year to accommodate the expanding root ball.

BAMBOO (*Bambusa*) adds several stems and 2' to 3' of height annually. The more cramped its roots, the faster bamboo grows, so don't worry about potting on until every third year. • To encourage new growth, prune out older stems (culms) at the soil line. • Let the soil dry out between weekly waterings. • Four varieties that can be grown successfully indoors are "Chinese Goddess" (*Bambusa multiplex*)—shown in photo—"Dwarf" (*B. nana*), "Golden Bamboo" (*B. phyllostachys aurea*) and "Black Bamboo" (*B. nigra*).

BIRDSNEST PHILODENDRON (*Philodendron wendlandii*) produces several new leaves during its peak growing seasons, spring and summer. For maximum growth keep the plant pot-bound until the second year. • Water less in winter but wipe leaves with a damp sponge to help foliage breathe.

CHINESE EVERGREEN (*Aglaonema modestum*) can reach its maximum height of 3' in one year. This undemanding plant prefers north-window exposure but will endure dimly lit corners. • For the best specimens, keep roots constantly moist and pot-bound, and you may even get delicate, green-white flowers in mid- to late-summer. • Feed in April and again in July.

DIEFFENBACHIA (*Dieffenbachia amoena*; *D. picta*) adds six to seven new leaves and about 1' of height annually until it matures. It makes an impressive display even in dim corners, with big showy leaves and the multiple stems that it develops as it matures.

• *D. amoena* grows to 6' or more and produces large deep-green leaves accented with white. *D. picta* also reaches 6' but has smaller leaves splotched and marbled with white. • Feed in April, June and August. • Don't overwater or you'll hasten the plant's natural tendency to drop its lower leaves. • WARNING! The sap of dieffenbachias contains calcium oxalate, which causes inflammation and swelling of the mouth, tongue and throat.

FALSE PANAX (*Pseudopanax lessonii*) will add a foot or more of new growth in a summer when it's young. Eventually it can reach the ceiling, but it will produce more girth than height if you keep it pot-bound. • Emerging foliage is often encased in a hard shiny residue that, if it doesn't drop off, should be removed by hand to prevent leaf damage.

HAWAIIAN TREE FERN (*Cibotium chamissoi*; *C. memziesii*) adds several new fronds annually while young; at maturity, it grows about 6" a year. This beautiful but finicky fern needs constantly high humidity; set the pot on an oversized saucer containing pebbles that are always kept moist. • Most cibotiums are sold as bare trunks that should be potted up in a humus-rich medium of loam, milled sphagnum moss or peat moss, leaf mold and perlite. The trunk must not be allowed to dry out, so daily watering may be necessary. • Cibotiums can gain a maximum height of 6' and girth of 8"! • Feed from April to August.

RUBBER TREE (*Ficus elastica* "decora") if unpruned, grows 1' or more annually until maturity. Easy and untemperamental as it is, the rubber tree has an annoying habit of dropping its lower leaves (a process hastened by overwatering), so cut the top back a bit in spring to force branching and, eventually, a more attractive specimen. • Periodically wipe the broad leaf surfaces with a damp sponge to keep the stomata (pores) clear and to enhance leaf sheen. *Top page 131*

Lipton Noodles & Sauce helps simple dishes become hot & satisfying meals.

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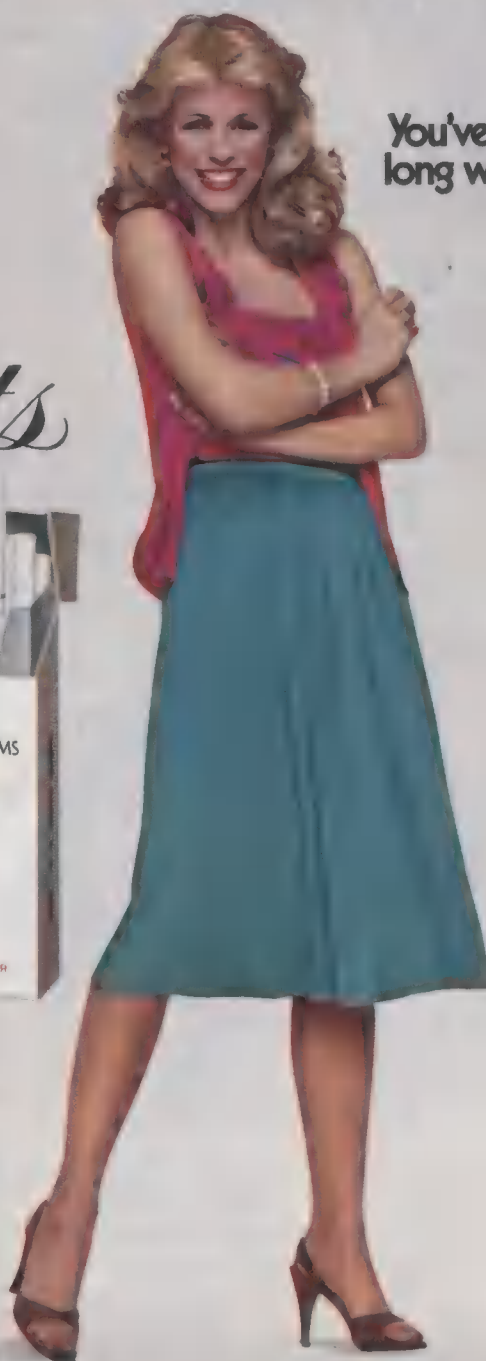


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purse pack.**

Fashions: Stephen Burrows

9 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.



MISTAKE-PROOF HAIRSTYLES

Family Circle's *Double* Beauty Bonus

Shown on pages 76-81

Here's a great way to stretch your beauty budget—twice! Cut out our Double Beauty Bonus coupons and cut 25% off the cost of your next *two* salon visits. Just present each coupon (only one per visit) to any one of the participating Glemby salons listed below; or contact Glemby International, Public Relations Department, 120 E. 16th St., New York, N.Y. 10003. Tel: New York City—(212) 477-8322; Chicago—(312) 266-6124; San Francisco—(415) 692-6093; Toronto (416) 961-7200.

NOTE: Except where specific cities are indicated, participating Glemby salons are in all branches of store listed.

UNITED STATES:

Alabama: Holmes (Mobile). **Arizona:** Arizona Biltmore Hotel (Phoenix), The Broadway, Diamond's, The Registry Hotel (Scottsdale). **Arkansas:** M.M. Cohn, Sears (Little Rock). **California:** The Broadway, Bullock's North, Harris', Henshey's, Liberty

House (Dublin, San Francisco), Macy's (Citrus Heights, Hilltop, Newark, Pleasanton, Stockton), Rodders, Sears (Carlsbad, Chula Vista, Fresno, Newark, Sacramento, Salinas, San Diego, Santa Rosa). **Colorado:** The Denver, Sears (Aurora, Denver, Lakewood, Littleton, Northglenn). **Connecticut:** Howlands, Macy's, Malley's, Reibman's, Sears (Orange, West Hartford). **Delaware:** Sears (Wilmington), John Wanamaker. **D.C.:** Mayflower Hotel, Washington Hilton Hotel, Woodward & Lothrop. **Florida:** Furchgott's, Jordan Marsh, Maas Bros., McRae's, Sears (Boca Raton, Jacksonville, Plantation, Sarasota, Tallahassee). **Georgia:** Davison's, Matthews-Belk, Sears (Atlanta, Augusta, Columbus, Macon, Savannah). **Idaho:** The Bon. **Illinois:** Bergner's, Bonwit Teller, Carson Pirie Scott, Drake Hotel (Chicago), Famous-Barr, Goldblatt's, I. Magnin (Chicago, Northbrook), Myers Bros., Sears (Chicago, Joliet, Oakbrook), Venture, Weise's, Wieboldt's, Younkers. **Indiana:** Block's, Carson Pirie Scott, de Jong's, Elder-Beerman, Goldblatt's, Hudson's, Hutner's, Lazarus, Sears (Merrillville, Mishawaka), Venture. **Iowa:** Roshck's, Sears (Cedar Rapids, Sioux City), Venture, Younkers. **Kansas:** Adler's, Harzfeld's, Sears (Overland Park, Wichita). **Kentucky:** Sears (Louisville), Shillito's. **Louisiana:** Holmes, Palais Royal, Sears (Baton Rouge, Lafayette). **Maine:** Freeses', Sears (Bangor, Lewiston). **Maryland:** Eyerly's, Hecht's (downtown Baltimore), Hochschild-Kohn, Hutzler's, Sears (Gaithersburg, Silver Spring), Woodward & Lothrop. **Massachusetts:** Almy's, Blake's, Cherry & Webb, Jordan Marsh, Outlet, Sears (Braintree, Burlington, Holyoke, Lowell, Methuen, Natick, Springfield), Star Store, Steiger's. **Michigan:** Goldblatt's, Hudson's, Sears (Flint, Grand Rapids, Highland Park, Jackson, Lansing, Livonia, Roseville, Troy), Steketee's. **Minnesota:** Powers, Young-Quinlan. **Mississippi:** Efrid's, Holmes, McRae's, Sears (Jackson). **Missouri:** Adler's, Boyd's, Famous-Barr, Harzfeld's, Sears (Chesterfield), Independence, St. Ann, St. Louis), Venture. **Montana:** The Denver. **Nebraska:** Ben Simon, Sears (Lincoln, Omaha), Younker-Kilpatrick's. **Nevada:** The Broadway, Diamond's, Macy's, The Sahara Hotel (Las Vegas), Sears (Las Vegas, Reno). **New Hampshire:** Almy's, Sears (Manchester). **New Jersey:** B. Altman & Co., Bamberger's (East Brunswick, Rockaway, Toms River), M. Epstein, Hahne's, Sears (Deptford, Moorestown, Ocean, Rockaway, Wayne), Steinbach's, Stern's, John Wanamaker. **New Mexico:** The Broadway. **New York:** Adam, Meldrum & Anderson, B. Altman & Co., Bigelow's, Boston Store, Bresce's, Carl Co., Edward's, Erlanger's, B. Forman, Garber's, Hens & Kelly, Howlands, Macy's, McCurdy's,

Sears (Albany, Buffalo, Clay, East Northport, Johnson City, Kingston, New Hartford, Niagara Falls, Rochester, Victor, White Plains, Williamsville), Sibley's, John Wanamaker, Witherill's. **North Carolina:** Coplon's, John Carroll, Matthews-Belk, Miller & Rhoads, Sears (Charlotte, Wilmington). **Ohio:** Elder-Beerman, Gidding-Jenny, Gregg's, Halle's (Columbus), Higbee's, Hudson's, Jacobson's, La Salle's (Bowling Green), Lazarus, May Co., O'Neil's, Rike's, Sears (Cincinnati, Columbus), Shillito's, Stern & Mann's, Strouss. **Oklahoma:** John A. Brown, Sears (Lawton, Midwest City, Oklahoma City, Tulsa). **Oregon:** The Bon, Frederick & Nelson, Mervyn's. **Pennsylvania:** B. Altman & Co., Bamberger's (N. Wales), Bethlehem Hotel, Bonwit Teller, Bon Ton, Cox's, Eyerly's, Gimbels (Lancaster), Lady Bug, Ormond's (Lancaster), Schleisner's, Sears (Abington, Altoona, Erie, Greensburg, Johnstown, Philadelphia, Pittsburgh, Media, North Wales, Upper Darby, West Mifflin), Strouss, John Wanamaker, C.K. Whitner. **Rhode Island:** Cherry & Webb, Jordan Marsh, Peerless, Sears (Warwick). **South Carolina:** Davison's, Sears (Columbia, Greenville). **South Dakota:** Younkers. **Tennessee:** Cain-Sloan, Loveman's, Sears (Antioch, Chattanooga, Knoxville). **Texas:** Bealls (Houston), Fairmont Hotel (Dallas), Foley's, Joske's, McClurkin's, The Popular, Scarbroughs, Sears (Abilene, Austin, Friendswood, Houston, Hurst, Longview, Mesquite, Midland, Odessa, San Antonio, Texarkana, Victoria, Waco), Warwick Hotel (Houston). **Vermont:** Almy's, Magrams. **Virginia:** Miller & Rhoads, Rices Nachman, Sears (Alexandria, Fairfax, Virginia Beach), Woodward & Lothrop. **Washington:** The Bon, Frederick & Nelson (Tacoma Mall), I. Magnin, Sears (Lynwood). **West Virginia:** Parsons Souders, Stone & Thomas. **Wisconsin:** Boston Store, Goldblatt's, Marc Plaza Hotel (Milwaukee), Sears (LaCrosse), Weise's.

CANADA:

Bowring Bros., Charles Ogilvy's, Eaton's (Eastern stores), Holt Renfrew, R. T. Holman, Rosberg, Sears, The Bay (Western stores), Wood Bros., Zeller's.

BLACK HAIR IS SALONS—California:

The Broadway (Carson, Crenshaw, Culver City, Hawthorne, Los Angeles). **D. C.:** Woodward & Lothrop. **Illinois:** Black Hair Is (Chicago), Venture (Chicago). **Maryland:** Hecht (Baltimore). **Michigan:** Hudson's (Detroit, Northland, Sears (Highland Park). **Missouri:** Famous-Barr (St. Louis). **New Jersey:** Hahne's (Newark). **New York:** Black Hair Is (New York City, White Plains). **Ohio:** Higbee's (Cleveland), May Co., (Cleveland), Rike's (Dayton), Strouss (Youngstown). **Tennessee:** Cain-Sloan (Nashville). **Virginia:** Miller & Rhoads (Richmond). ■

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Not valid in conjunction with any
other coupon or discount offer or where
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Not valid in conjunction with any
other coupon or discount offer or where
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GOOD COOKING STARTS AT HOME

Recipes and savings from Kraft

Good home cooking gets a great start with easy recipes from Kraft. Whet their appetites with these delicious recipes and cook up some excellent savings, too.

BIG SISTER'S "SWEET ON YOU" VEGETABLE SPAGHETTI AL FORNO

1½ cups zucchini chunks
1 cup chopped onion
1 cup celery slices
1 cup thin carrot slices
1 cup mushroom slices
3 tablespoons PARKAY
Margarine

1 pkg. KRAFT Tangy Italian
Style Spaghetti Dinner
1 lb. ricotta or cottage cheese
2 cups (8 ozs.) shredded CASINO
Brand Natural Low Moisture
Part-Skim Mozzarella Cheese

Saute vegetables in margarine. Prepare spaghetti and sauce as directed on package. In 11¼ x 7½-inch baking dish, layer half of spaghetti, sauce, ricotta cheese, vegetable mixture and mozzarella cheese; repeat layers. Sprinkle with the Grated Parmesan Cheese. Bake at 350°, 30 minutes. Let stand 5 minutes. 6 to 8 servings

To Make Ahead: Prepare casserole as directed except for baking. Cover tightly; refrigerate. Bake at 350°, 1 hour and 10 minutes. Let stand 5 minutes.

**NOBODY
COOKS
LIKE
SALLY**

STORE COUPON

SAVE 10¢

on KRAFT Tangy Italian
Style Spaghetti Dinner.

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to: KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.

REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED



L1-3

10¢

21000 110318

10¢

STORE COUPON

SAVE 13¢

on CASINO Brand Natural
Cheese (any size or flavor).

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REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED



S1-3

13¢

21000 108650

13¢

...AND NOBODY COOKS LIKE YOU!

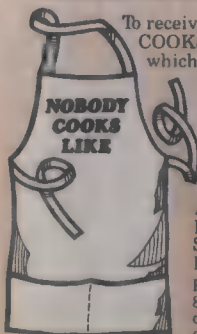
BIG BROTHER'S "HOME RUN" HEROES

3 cups torn lettuce
 1/4 cup pitted ripe olive slices
 1/4 cup KRAFT French Dressing
 6 individual French bread
 loaves, baked

Tomato slices
 Salami slices, cut in half
 KRAFT American Singles
 Pasteurized Process Cheese
 Food, cut in half diagonally

Combine lettuce, olives and dressing; toss lightly. For each sandwich, cut top from bread loaf; remove center from bottom half of bread. Fill with salad mixture. Top with tomatoes, meat, process cheese food and top half of bread. 6 sandwiches

Get an apron that tells the world "NOBODY COOKS LIKE..."



To receive your "NOBODY COOKS LIKE..." apron, which comes with iron-on letters so you can personalize it yourself, send your name and address and a \$3.99 check or money order (no stamps) to: KRAFT APRON OFFER P.O. BOX 843 SOUTH HOLLAND, IL 60473

Please allow 6 to 8 weeks for delivery. Offer good in U.S.A. APO/FPO

addresses. Void where prohibited, licensed, or otherwise restricted. Offer expires July 31, 1981.



STORE COUPON

SAVE 10¢

on KRAFT French Dressing
 (any size).



K1-3

10¢

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to: KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.

REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED



21000 108247

10¢

STORE COUPON

SAVE 12¢

on KRAFT Singles Process
 Cheese Food Slices
 (12 oz. or larger).



M1-3

12¢

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to: KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.

REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED



21000 108551

12¢

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SAVE UP TO \$1,000 A YEAR ON BEEF / From page 83

Best beef kabobs—value: \$3.49/lb.

Cut from the top blade steak and chuck fillet, these tender kabobs melt in your mouth at a dollar-right price.

Soup meat—value: \$2.29/lb.
Soup bones—value: 99¢/lb.
You can make a substantial pot of beefy soup from the remaining meat and bones in this steak.



Small boneless rib eye steak—value: \$3.49/lb.

This pint-size rib eye steak is perfect for light eaters—and remember you paid just \$1.69/lb. for it.

OR four super sandwich steaks—value: \$2.89/lb.

Instead of kabobs, you can cut two tender sandwich steaks from the top blade steak and two more from the fillet.

How to take a 1"-thick, \$1.69/lb. center cut chuck steak and get beef cuts worth up to \$3.49/lb.

The center cut chuck steak proves how economical and versatile chuck can be. For instance, here's what one woman with a family of five did. She bought seven chuck steaks on sale and cut them into seven rib eye steaks, 16 sandwich steaks, four tender chuck fillets, one pound of stew and enough meat to make six hamburgers—plus bones for five quarts of beef soup. *How to tell the tender from the less tender meat within the steak:* The smooth-textured sections with marbling are the tender parts (such as the top blade steak, chuck fillet and rib eye). The coarse, grainy-textured and soft mushy parts are less tender (use these sections for stew, grinding for hamburger, and soup).

HOW TO SAVE 30%

Cost before cutting: 3 1/4 lb. center cut chuck steak at \$1.69/lb.	\$5.49
Value after cutting: 20 oz. kabob meat at \$3.49/lb.	\$4.36
8 oz. rib eye steak at \$3.49/lb.	\$1.75
7 oz. soup or stew meat at \$2.29/lb.	\$1.00
11 oz. soup bones at 99¢/lb.	\$.68
6 oz. fat or suet	-.00
Total value after cutting:	\$7.79
By cutting you save!	\$2.30

How to cut up a center cut chuck steak



1. Place your steak in the same position as in the illustration (left), with the rib bone in the lower right corner.



2. Hold the steak in an upright position, bones resting on cutting board, and start cutting under the blade bone right to left, until you've separated the top half from the bottom. Set aside the half.



3. With bottom section on cutting board, cut out oblong fillet by slicing along the rib bone, between the rib eye and the fillet. Remove top right piece of meat from fillet and trim off fat, tissue and the soft, less tender section (if any) from left side. You can cut the fillet into beef kabobs, stew or sandwich steaks.



4. Now you have a small, untrimmed rib steak before you. To remove the bone section, hold steak upright, resting it on the board, and cut close to the rib bone, down along the bottom bones. Trim off excess fat and yellowish gristle.



5. Let's return to the top half or top blade steak portion you set aside. Divide the less tender (left) meat from the tender top blade steak. Remove top fat and any heavy tissue around the steak. You now have a bone-in top blade steak, which can be cooked as is.



6. To make a boneless top blade or chicken steak, remove top fat and scoop out steak by cutting along the bone, as illustrated.



7. To make two or three sandwich steaks out of the chuck fillet or top blade chicken steak, use a scalloped-edge knife that is two inches longer than meat and carefully slice across, as illustrated.



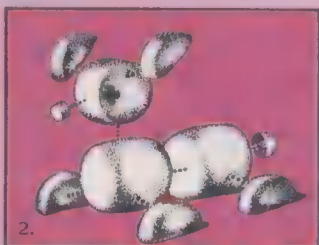
8. If you're going to make kabobs, use the tender chuck fillet and top blade steak. But first, cut the heavy center tissue out of the top blade steak. Then cut into 3/4" or 1"-thick cubes.



Easter's in the Bag.

There are fun-to-make Easter creatures inside every bag of Kraft marshmallows. Bunnies and ducks you and the kids can create together. So pick up a soft, fresh bag of Kraft jet-puffed and miniature marshmallows. And make some fun.

1. For head, cut crosswise slice from each end of marshmallow. As illustrated, use toothpick to fasten to second marshmallow. For ears and paws, cut three marshmallow slices in half. Make tail and face with miniature marshmallow halves and candy or cloves.
2. For body, as illustrated, fasten two marshmallows with toothpick. Make head, ears, paws, tail and face as in #1.
3. For head, make as in #1. Attach gumdrop for beak; add cloves or candy for eyes. As illustrated, use toothpick to fasten to second marshmallow for wings and tail, secure three slices to body.



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**Guaranteed
soft and fresh.**

Need a Monday plan for the Sunday ham? #2

See how the melting, rich creaminess of Velveeta process cheese spread makes leftovers something to look forward to.

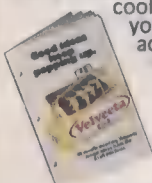
#2 COUNTRY HAM CASSEROLE

- | | |
|------------------------------------------------------------------|----------------------------------------------------------------------|
| 1 lb. VELVEETA
Pasteurized Process
Cheese Spread,
cubed | 1 10-oz. pkg. frozen
chopped broccoli,
cooked, well
drained |
| 1 cup milk | 5 ozs. spaghetti,
cooked, drained |
| ½ cup MIRACLE WHIP
Salad Dressing | 1 tablespoon chopped
chives |
| 2 cups chopped,
cooked ham | |

Heat process cheese spread, milk and salad dressing over low heat; stir until sauce is smooth. Add remaining ingredients; mix well. Pour into 2-quart casserole; bake at 350°, 35 to 40 minutes or until hot. 6 to 8 servings.

Get a **FREE** 40-recipe Velveeta cookbook. Just send your name and address to:

FREE Velveeta Cookbook
P.O. Box 806,
Dept. FC
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IL 60473



Good ideas keep popping up.

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Velveeta

KRAFT

CHEESE SPREAD

SUPERMARKET BEST

From page 82

the younger the animal and the more tender the meat. However, purple-colored beef can mean that it was just cut and not yet exposed to air. Once exposed, beef turns a nice red color. The exterior surface of meat darkens during the aging process, but this part is trimmed off before any retail cuts are made. A freshly cut piece of aged meat should be the same color as unaged meat.

Marbling: In top-quality meat, white flecks or streaks of fat appear within the lean; this is called marbling. It indicates that the meat is from a healthy, grain-fed animal. Marbling lubricates the meat while it cooks and helps retain the natural juices. The finer the marbling, the younger the animal and the more tender the meat will be. The wider the marbling, the older the animal and the likelier that will be tough, with a greasy taste.

Fat: Meat gets its flavor in part from the fat that rims a cut. Beef fat should be firm and white in color—not grayish or yellow. Grayish fat indicates the meat has been in the case too long and the meat juices were absorbed into the fat. Yellow fat results from a substance in grass on which an animal feeds; it suggests a lower-quality meat.

Firmness: The firmer the meat, the better the quality. Soft meat means an animal

fed more on grass than on grain, producing meat which shrinks when cooked.

Surface texture: Smooth-textured meat is tender; meat with a coarse and grainy surface is less tender.

Bones: The visible surface bone should be whitish—sometimes with a little redness in it, but not gray or black. Gray or black bones indicate that the meat is a few days old and may have deteriorated.

Liquid loss: When you see a package of meat with liquid in it, the meat has been in the case too long. The drier the package, the fresher-tasting the meat will be. Liquid loss results in loss of flavor, tenderness, weight and nutrients. □

CUT LIKE A PRO

From page 83

• **How to divide along the seam:** Many retail cuts of meat can be divided quickly by their natural seam—the line of white tissue and fat between the lean meat. In both our meat-cutting examples, the chuck steaks are divided along the seam and separated into top and bottom halves.

• **How to bone meat:** Boning can be easy, especially with steaks in which the bone is visible on both sides. Just make sure when you're cutting to look on both sides of the meat; the bone may be in a slightly different position on either side, in which case you'll need to angle your knife to avoid cutting through solid

meat. If you find it difficult to get the knife around the bone, you're probably cutting too close to it. Just maneuver your knife a little away from the bone.

• **Don't discard the trimmings.** Freeze bones and scraps to use later for soups. Hard fat (suet) can be used for frying, grinding lean beef or making sausage.

• **Always cut across the grain** on less tender cuts of meat to obtain full tenderness, especially for stir-frying.

• **Grinding made easy:** Freshly ground chuck tastes as good as ground sirloin. To grind successfully, your meat should be semifrozen. Trim off any heavy tissue or excess fat (leave some fat on to make a juicy hamburger or meat loaf). Cut meat into one-inch cubes and feed through meat grinder, using small hole plate. If using a food processor, use the steel blade and turn machine on and off in pulses until you achieve the desired consistency.

• **To get the best flavor from chuck—**whether you're broiling, pan frying, stir frying or barbecuing—begin with a hot, searing fire and brown the meat quickly. The longer the meat cooks, the tougher and more stew-like the flavor. Use a heavy iron skillet, greased lightly with fat or vegetable oil. (Do not put salt in the pan; it draws out the natural juices.) When broiling chuck steaks, try to have them at least one inch thick. Make sure the broiler is very hot and cook steak until brown, turning only once. ■

LUSCIOUS PASTRIES

Shown on pages 74-75

• For meaning of recipe symbols, see page 26.

EASY FLAKY DANISH DOUGH (Basic Recipe)

Pastries made with Easy Flaky Danish Dough will pass any and all taste and texture tests with flying colors, yet they are not rich in butter or eggs. Sugar, too, has been held to the minimum—a plus, certainly, for those concerned with diet. Use this easy-to-make dough in preparing the four individual pastry recipes included here, for they, too, are from a wide range of recipes found here and abroad and are adapted for the American kitchen. Makes between 42 and 44 pastries for \$2.50.

- 3 envelopes active dry yeast
 - Pinch sugar
 - 1 cup very warm water
 - $\frac{1}{3}$ cup non-fat dry milk powder
 - $4\frac{1}{2}$ cups sifted all-purpose flour
 - 1 teaspoon salt
 - $\frac{1}{4}$ cup granulated sugar
 - 1 teaspoon vanilla
 - 1 teaspoon grated orange rind
 - $\frac{1}{4}$ teaspoon ground cardamom
 - 3 eggs
 - 1 cup (2 sticks) unsalted butter
 - 3 tablespoons flour
1. Sprinkle yeast and pinch sugar into very warm water in a large bowl. ("Very warm water" should feel comfortably warm when dropped on wrist.) Stir until dissolved. Let stand

- 10 minutes until frothy and doubled in volume.
2. Add dry milk, 1 cup of the flour, salt, sugar, vanilla, orange rind and cardamom. Stir until mixture is well blended and smooth. Add another cup of flour. Beat until blended.
3. Add eggs, beating until well blended and mixture is smooth. Add remaining flour, $\frac{1}{2}$ cup at a time, until mixture is a shaggy mass and is too dense to stir. Lift the dough from the bowl and place on a lightly floured surface. Knead dough lightly, adding additional flour, if necessary, to prevent sticking. *Hint:* Do not knead this dough as vigorously as bread dough. Knead just until it is smooth, soft and elastic, about 5 minutes.
4. Press dough into a well-greased bowl, turning to coat all over. Cover the bowl with plastic wrap. Refrigerate 1 hour while preparing butter for layering.
5. Place the 2 sticks butter 1 inch apart between 2 sheets of wax paper. Using a rolling pin, roll butter until it is flattened. Using a sturdy metal spatula, work 3 tablespoons flour into flattened butter, kneading until flour is thoroughly absorbed.
6. If butter mixture softens, return briefly to refrigerator until firm again and proceed as above.
7. Place chilled dough on lightly floured surface. Using hands, shape dough into a slightly flattened rectangle before rolling. Roll and shape dough into a rectangle 24x8 inches, using addi-

tional flour, if necessary, to prevent sticking.

8. Lightly score dough into 4 equal crosswise portions. (Do not cut through dough; score lightly enough to see lines.) With a spatula, spread $\frac{2}{3}$ of the butter mixture over the second and third sections evenly. (*Hint:* It is not necessary for the butter pieces to be even or touching as the butter will be spread evenly when dough is rolled.) Fold the two outside sections of dough in over the butter, meeting in the center. Spread remaining butter over one side of the folded dough. Fold in half, like a book, enclosing the butter completely. (*Hint:* You will now have 7 layers—dough/butter/dough/butter/dough/butter/dough.)
9. Shape dough into an even rectangle. Place in plastic bag and close securely. Chill in refrigerator for 1 hour.
10. Remove dough from plastic bag. Place on a lightly floured surface. Press dough down with hands shaping into a flattened rectangle. With a rolling pin, roll dough into a 24x8-inch rectangle. Fold ends in to meet in center (12x8 inches); then fold in half like a book to make 4 layers (6x8 inches). Place dough in plastic bag; refrigerate for 20 minutes. Repeat rolling and folding procedure 3 more times.
11. Refrigerate dough for 1 hour or longer. (*Note:* It is possible to refrigerate dough overnight, if necessary, to relax dough and firm up the butter layers. Dough will rise a bit in refrigerator.) The dough is now ready to be formed into individual pastries (see recipes following). *To page 104*

Good ideas keep popping up.

Bubbling hot, wonderfully smooth Velveeta process cheese spread makes this a side dish worth showing off.

#35 POPULAR PEPPERS

- 6 medium green peppers
- $\frac{1}{2}$ lb. VELVEETA
- Pasteurized Process Cheese Spread, cubed
- 1 10-oz. pkg. frozen, chopped broccoli, thawed, drained
- 1 cup chopped tomato
- $\frac{3}{4}$ cup cooked rice
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{4}$ teaspoon salt
- 1 cup bread cubes
- $\frac{1}{4}$ cup PARKAY Margarine, melted

Remove tops and seeds from pepper; par-boil 5 min. Drain. Combine broccoli, tomato, rice, onion, salt and all but $\frac{1}{2}$ cup process cheese spread; spoon into peppers. Top with bread cubes tossed in margarine and place in baking dish. Bake at 350°, 30 min. Top with reserved process cheese spread; return to oven until process cheese spread is melted. 6 servings.



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FREE Velveeta Cookbook
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South Holland, IL 60473

No wonder it's so popular.

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GLAZED STRAWBERRY PIE

The striking thing about this strawberry pie is the peaks of red berries rising above the deep glaze of the crushed fruit. It is as delicious as it is handsome.

Bake at 425° for 15 minutes.

Makes 8 servings at 75¢ each.

- 2 cups sifted all-purpose flour
- $\frac{3}{4}$ cup sugar
- Pinch salt
- $\frac{1}{2}$ tablespoons grated lemon rind
- 1 stick plus 2 tablespoons (10 tablespoons) unsalted butter, chilled
- 2 eggs, lightly beaten
- 1 tablespoon ice water
- 3 pints strawberries
- 1 cup sugar
- 3 tablespoons cornstarch
- $\frac{1}{2}$ cup water
- 2 teaspoons butter
- 1 package (3 ounces) cream cheese, softened

1. Combine flour, sugar, salt and lemon rind in a medium-size bowl. Cut in chilled butter with a pastry blender or two knives until mixture resembles coarse meal. Add eggs and water; stir with fork until dough is blended and leaves the sides of the bowl.
2. Wrap dough in plastic wrap. Chill in refrigerator at least 30 minutes.
3. Press chilled dough evenly into a 9-inch tart pan with a removable bottom.
4. Bake in a hot oven (425°) for 15 minutes or until golden brown. Remove to wire rack. Cool.
5. Wash and hull strawberries. Sort out half the strawberries (all similar in size) to fill shell; reserve. Puree remaining berries in container of electric blender to make about $\frac{1}{2}$ cups puree.
6. Cook puree in medium-size saucepan just until mixture comes to boiling. Add sugar. Blend cornstarch into water until smooth. Gradually add to hot strawberry mixture. Continue cooking puree, stirring constantly, until mixture clears and thickens, about 5 minutes. Remove from heat. Stir in butter until melted; cool.
7. Combine cream cheese and 1 tablespoon of the strawberry glaze until smooth and blended. Spread over the bottom of the cooled tart shell.
8. Arrange reserved whole berries, stem end down, on cheese mixture. Spoon cooled glaze evenly over berries. Chill pie thoroughly before serving.

DANISH CHEESE ENVELOPES

You may wish to make half of these envelopes with a cheese filling and the other half with prune. Both are very good.

Bake at 350° for 20 minutes.

Makes about 24 pastries for \$3.75.

- 1 tablespoon hot water
- 2 tablespoons raisins
- 1 package (8 ounces) cream cheese, softened
- $\frac{1}{4}$ cup granulated sugar
- 1 tablespoon flour
- 1 egg yolk
- 1 teaspoon butter, melted
- 1 tablespoon dairy sour cream
- $\frac{1}{2}$ teaspoon grated lemon rind
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ recipe Easy Flaky Danish Dough, chilled (recipe on page 103)
- 1 egg, lightly beaten
- $\frac{1}{3}$ cup slivered blanched almonds
- $\frac{1}{2}$ cup apricot preserves, heated

1. Pour hot water over raisins in a cup; let stand 5 minutes to plump; drain and dry. Blend softened cream cheese, sugar, flour, egg yolk, butter, sour cream, lemon rind, vanilla and raisins together until well blended.
2. Roll pastry dough out on a lightly floured surface to an 18x12-inch rectangle. Using a ruler, cut dough into 24 three-inch squares.
3. Place a heaping teaspoonful of cheese filling in center of each dough square. Lift opposite corners up and overlap in center. Pinch edges together securely. Repeat with remaining two corners.
4. Place envelopes 2 inches apart on well-greased cookie sheets. Cover with wax paper. Chill in refrigerator for 20 minutes.
5. Preheat oven to hot (400°).
6. Brush pastries with beaten egg. Sprinkle with slivered almonds.
7. Place cookie sheets in middle of preheated hot oven (400°). Immediately lower oven temperature to moderate (350°). Bake 20 minutes or until golden brown. Remove pastries to wire racks. Brush with hot apricot preserves.

DANISH ALMOND COCKSCOMBS

The cockscomb, one of the traditional Danish shapes, is crisp with a sugar glaze on the outside and rich with almond filling on the inside.

Bake at 350° for 20 minutes.

Makes about 20 pastries for \$2.90.

- $\frac{1}{3}$ cup granulated sugar
- $\frac{1}{2}$ recipe Easy Flaky Danish Dough, chilled (recipe on page 103)
- Almond Filling (recipe follows)
- OR: Almond Paste Filling (recipe follows)

1. Sprinkle sugar over clean surface. Roll chilled dough into a 24x10-inch rectangle. Spread dough with either of the almond fillings. Fold lengthwise into thirds, making a strip about 3 inches wide. Roll the strip lightly to make it thinner and longer.
2. Cut strip into 20x1-inch wide strips. Make 4 cuts along one long side of the slice, each $\frac{1}{2}$ inch apart. Gently lift each pastry to well-greased cookie sheet, curving the slice slightly to make a crescent shape and open the cuts.
3. Cover cookie sheets with wax paper; refrigerate for 20 minutes.
4. Place in middle of preheated hot oven (400°). Immediately lower oven temperature to moderate (350°). Bake 20 minutes or until golden brown.

ALMOND FILLING: Beat 2 eggs slightly in a medium-size bowl. Stir in $\frac{1}{4}$ cup granulated sugar. Grind or whirl in blender 1 can (4 ounces) blanched almonds until very finely ground. Work almonds into egg mixture until well blended.

ALMOND PASTE FILLING: Combine 1 can (8 ounces) almond paste and 1 cup (2 sticks) softened butter in a medium-size bowl until well blended.

CANNOLI

Traditionally crisp, crackly, deep-fried cannoli shells are filled with creamy ricotta cheese and chocolate bits, dipped in chopped pistachio nuts.

Makes 16 to 18 pastries for \$3.84.

- $1\frac{3}{4}$ cups sifted all-purpose flour
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon ground cinnamon
- 3 tablespoons wine vinegar

- 3 tablespoons water
- 1 egg
- 2 tablespoons butter or margarine, softened
- 6 cups (3 pounds) ricotta cheese
- $\frac{1}{2}$ cups sifted 10X (confectioners') sugar
- 1 teaspoon vanilla
- $\frac{1}{3}$ cup finely chopped candied orange peel
- 3 squares semisweet chocolate, coarsely chopped
- $\frac{1}{3}$ cup orange liqueur (optional)
- 1 teaspoon ground cinnamon (optional)
- 1 egg white
- Vegetable oil for deep frying
- $\frac{1}{4}$ cup chopped pistachio nuts
- 1 tablespoon 10X (confectioners') sugar

1. Combine 1 cup of the flour, sugar, salt and cinnamon in medium-size bowl. Make a well in center of dry ingredients; pour in vinegar (it makes dough tender) and water until well blended. Beat in egg and butter.
2. Add remaining flour, $\frac{1}{4}$ cup at a time, until dough becomes a solid mass that can be easily lifted out of the bowl.
3. Knead dough on a lightly floured surface until it is soft and smooth, about 8 minutes, adding a small amount of flour, if necessary, to prevent dough from sticking.
4. Wrap dough in plastic wrap. Chill in refrigerator for at least 1 hour.
5. Combine ricotta cheese, 10X sugar, vanilla, orange peel, chocolate, liqueur and cinnamon, if using, in a large bowl; blend well. Chill in refrigerator until shells have been prepared.
6. Divide dough into 16 equal-size pieces. Roll each piece on a lightly floured surface to a round about $\frac{1}{8}$ -inch thick. *Hint:* If dough pulls back, allow it to relax for 2 minutes, then roll again.
7. Cut $\frac{1}{2}$ -inch diameter circles from each piece using a saucer or lid for a pattern. When circles are all rolled, roll each again just before they are placed on cannoli tubes to give each circle an oval shape, about 5 inches long and $\frac{1}{2}$ inches wide.
8. Using metal cannoli tubes, place dough lengthwise on tube. Brush edges of dough with egg white, then press firmly to seal. *Note:* If cannoli forms are unavailable, tear 18-inch wide heavy-duty aluminum foil into 16 six-inch lengths. Roll each piece starting with the 6-inch side around a 1-inch diameter broom handle or other similar form to shape into tubes. Wrap dough around foil tubes as directed above.
9. Heat vegetable oil in deep fat fryer or heavy kettle to 375° on deep-fat frying thermometer. Fry 2 or 3 cannoli shells at a time, depending on the size of the deep fryer or kettle, until golden brown, turning once. Remove with tongs or slotted spoon to paper toweling; cool. Gently remove cannoli from forms; cool completely.
10. Fill each shell with $\frac{1}{4}$ cup filling using a small spoon or pastry bag fitted with a large plain tip. Dip ends into chopped nuts. Sprinkle with 10X sugar before serving.

JELLY SNAILS

Bake at 350° for 20 minutes.

Makes about 18 pastries for \$2.34.

- $\frac{1}{2}$ recipe Easy Flaky Danish Dough, chilled (recipe on page 103)

Sinlessly sweet snackin' squares.

From Knox® and Sweet 'N Low®

With Knox Unflavored Gelatine & Sweet 'N Low Sugar Substitute you can make unique low calorie snacks in fabulous flavors. So delicious they



taste like no-nos. But they're light, refreshing, satisfying, finger foods that have less than 10 calories each! Easy to make, too.



Cafe-Au-Lait Squares

- | | |
|------------------------------------------|---------------------------------------|
| 4 envelopes Knox Unflavored Gelatine | 1½ teaspoons Sweet 'N Low (6 packets) |
| 1 cup cold skim milk | 1½ teaspoons vanilla extract |
| 1½ cups coffee, heated to boiling | |
| 3 tablespoons semi-sweet chocolate chips | |

In medium bowl, sprinkle Knox Unflavored Gelatine over cold milk; let stand 1 minute. Add hot coffee and stir until gelatine is completely dissolved; add remaining ingredients, stirring until chocolate is melted. Pour into 8 or 9-inch baking pan and chill until firm. To serve, cut into 1-inch squares. Makes about 6 dozen squares.

Pina Colada Squares

- | | |
|--------------------------------------------------------|------------------------------|
| 4 envelopes Knox Unflavored Gelatine | 1 cup vanilla ice milk |
| 1½ teaspoons Sweet 'N Low (6 packets) | 2 tablespoons flaked coconut |
| 2½ cups unsweetened pineapple juice, heated to boiling | ¼ teaspoon rum extract |

In medium bowl, mix Knox Unflavored Gelatine with Sweet 'N Low; add hot juice and stir until gelatine is completely dissolved. Stir in remaining ingredients; blend thoroughly. Pour into 8 or 9-inch baking pan and chill until firm. To serve, cut into 1-inch squares. Makes about 6 dozen squares.

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Jelly or jam of your choice
½ cup apricot preserves, heated

1. Roll dough out on a lightly floured surface to an 18x12-inch rectangle. Using a ruler, cut ¼-inch wide lengthwise strips of dough.
2. Hold both ends of dough and twist in opposite directions. Hold one end of dough on work surface and wind the twisted dough around center into a coil or snail shape. Gently lift snail and place 2 inches apart on well-greased cookie sheets. Tuck outside end of strip under the body of pastry securely. Cover pastries with wax paper. Chill in refrigerator for 20 minutes.
3. Preheat oven to hot (400°).
4. Press center of each snail down firmly with fingertip. Spoon a small amount of jelly or jam into center.
5. Place cookie sheets in middle of preheated hot oven (400°). Immediately lower oven temperature to moderate (350°). Bake 20 minutes or until golden brown.
6. Remove pastries to wire racks. Brush with hot apricot preserves.

HUNGARIAN APPLE STRUDEL

A spicy mixture of apples, cherries, nuts and raisins baked in an unbelievably delicate shattery pastry.

Bake at 350° for 35 minutes.
Makes four 15-inch-long strudels for \$10.14.

- 1½ cups hot water
1 cup raisins
1 package (16 ounces) phyllo pastry
1 cup packaged unseasoned bread crumbs
1 cup sugar
2 cups (½ pound) walnuts, finely ground
½ teaspoon ground cinnamon
1½ cups (3 sticks) unsalted butter or margarine, melted
6 medium-size apples (about 2 pounds), pared, cored and grated
2 jars (12 ounces each) cherry preserves
10X (confectioners') sugar
1. Pour hot water over raisins in a bowl; let stand 5 minutes to plump; drain and dry.
 2. Thaw phyllo pastry; unfold carefully. Divide leaves of dough into 4 groups. Work with one group at a time; cover 3 remaining groups with a damp paper towel to prevent drying.
 3. Combine bread crumbs, sugar, nuts and cinnamon in a bowl. Brush each leaf of one group of dough with melted butter; sprinkle some of bread crumb mixture evenly over pastry sheets and then stack.
 4. Place grated apples in a sieve or colander. Press firmly against sides with a rubber spatula to expel excess moisture.
 5. Spread ¼ of the grated apples and ¼ cup raisins over the lower lengthwise third of dough.
 6. Heat preserves over medium heat just until melted and forms liquid. Drain thoroughly. Spread ¼ of the drained preserves down the center of the raisins and apples.
 7. Starting at the lengthwise side with apple/cherry filling, lift and roll pastry, jelly roll fashion.
 8. Repeat with remaining 3 groups of phyllo pastry.

9. Place strudels in well buttered 15x10x1-inch jelly roll pan. If necessary, cut strudels in lengths to fit the pan. Brush tops with melted butter.
10. Bake in a moderate oven (350°) for 35 minutes or until golden brown. Sprinkle with 10X (confectioners') sugar. Cut the strudels into diagonal slices to serve.

APPLE DUMPLINGS IN SYRUP

A golden apple dumpling, the crust drawn up around the fruit like a folded brown blossom and resting in thick syrup, spiced with cinnamon or nutmeg, or both, is among the first warm memories of farm kitchens and grandmothers and church suppers.

Bake at 350° for 50 minutes.
Makes 6 servings at 48¢ each.

- 4 cups sifted all-purpose flour
4 teaspoons baking powder
2 teaspoons salt
½ cup (1 stick) butter, softened
1½ cups milk
1 cup water
1 cup granulated sugar
¼ teaspoon ground cinnamon
Pinch nutmeg
6 medium-size tart apples
6 tablespoons light brown sugar
3 teaspoons butter
Pinch salt
Pinch nutmeg
¼ cup granulated sugar

1. Combine flour, baking powder and salt in large bowl. Cut butter into flour mixture with pastry blender until it resembles cornmeal.
2. Make a well in the center of the dry ingredients with the back of a spoon. Pour in half of the milk. Using a fork, gently stir milk into flour. Gradually add remaining milk until dough becomes soft but not sticky.
3. Turn dough out onto a lightly floured surface. Knead dough briefly. Wrap dough securely in plastic wrap. Chill in refrigerator for at least 30 minutes while preparing syrup and apples.
4. Combine water, sugar, cinnamon and nutmeg in a medium-size saucepan. Cook over medium heat until mixture comes to boiling; lower heat; simmer for 10 minutes, or until syrup has thickened.
5. Pare and core apples. *Note:* If necessary, apples may be placed in a bowl of water in which 1 tablespoon lemon juice has been added to prevent discoloration. Pat dry on paper toweling.
6. Divide dough into 6 equal portions. Roll each portion into a round large enough to make a 6- or 7-inch square of dough. (*Hint:* For easier measuring, cut a 6- or 7-inch square of paper; place on dough; cut to size.) Size of square depends on the apple size; an apple 3 inches in diameter would need a 7-inch square. (*Hint:* When dough has been rolled, allow it to relax for 3 or 4 minutes so that it will not pull back when cut into squares.)
7. Place cored apples on each square. Fill the cavities with 1 tablespoon brown sugar, ½ teaspoon butter, a pinch of salt and a pinch of nutmeg.
8. Brush edges of pastry square with water. Lift opposite points up over apple, meeting at filled core. Repeat with remaining opposite points. Dough should now be covering apple entirely. Press edges together securely. Repeat with remaining apples and

dough squares. Place wrapped apples in a buttered 13x9x2-inch baking pan.

9. If there are any dough scraps remaining, cut oval shaped pieces to form "leaves." Place on "apple stems." Prick pastry on each apple with the tines of a fork to allow steam to escape. Pour the hot sugar syrup evenly over the dumplings.
10. Bake in a moderate oven (350°) for 50 minutes, basting with syrup every 15 minutes. Sprinkle 2 teaspoons of the granulated sugar evenly over each dumpling 5 minutes before end of baking. Serve the apple dumplings with pan syrup.

SMALL DANISH TWISTS

These are miniatures of large twists or rings—and they glory in a filling and topping that includes currants or raisins, rum, pecans or almonds, cinnamon sugar and apricot glaze.

Bake at 350° for 20 minutes.
Makes about 20 pastries for \$3.86.

- 3 tablespoons hot water
1 cup currants or raisins
½ recipe Easy Flaky Danish Dough, chilled (recipe on page 103)
1 egg, beaten
¼ cup finely chopped almonds or pecans
⅔ cup granulated sugar
½ teaspoon ground cinnamon
⅓ cup slivered almonds
½ cup apricot preserves, heated

1. Pour hot water over raisins in a small bowl; let stand 5 minutes to plump; drain and dry.
2. Roll pastry dough out on a lightly floured surface to a 20x12-inch rectangle. Brush dough with beaten egg. Spread raisins evenly over dough. Sprinkle with chopped nuts, sugar and cinnamon. Using a rolling pin, lightly roll the filling into the dough.
3. Fold the dough in half lengthwise. Press edges together and roll lightly with a rolling pin. Cut dough into 1-inch wide crosswise pieces. Cut center of each piece lengthwise to within ½-inch of each end. With finger, lightly press to firm filling in place.
4. Twist each piece; shape each twisted piece of dough into a circle. Press ends together firmly. Place circles 2 inches apart on well-greased cookie sheets. Cover with wax paper. Refrigerate 20 minutes.
5. Preheat oven to hot (400°).
6. Brush circles with beaten egg. Sprinkle with slivered almonds. Place cookie sheets in middle of hot oven (400°). Immediately lower oven temperature to moderate (350°). Bake 20 minutes or until golden brown.
7. Remove pastries to wire racks. Brush with hot apricot preserves.

GÂTEAU PARIS BREST

The handsome Gâteau Paris-Brest begins with a circle of pâte à chou shaped on a baking sheet and sprinkled with almonds. In the oven it rises to become a craggy, golden shell which is split and filled with flavored pastry cream or whipped cream. The top of the pastry shell is replaced and dusted with confectioners' sugar just before it is served.

Bake at 375° for 60 minutes.
Makes 8 servings at 39¢ each.

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SLIM 'N TRIM SPINACH SALAD

- | | |
|-----------------------------------------|-------------------------------------------------------------|
| 2 cups spinach leaves, torn into pieces | 1/4 cup sliced radishes |
| 1 carrot, sliced | 2 slices Borden® Lite-line® Cheese Product, cut into pieces |
| 1/2 cup bean sprouts | 1 tablespoon Wish-Bone® Lite Dressing, any flavor |
| 1/4 cup sliced mushrooms | |

In small salad bowl, combine all ingredients except dressing; toss with dressing.

Serve with 1 slice whole wheat bread, with 1 tablespoon buttery-tasting Diet Imperial® For a refreshing 2-calorie drink, add an 8-oz. glass of iced tea made with Lipton® Low Calorie Iced Tea Mix.

The total main meal makes one serving and provides about 300 calories and 25% of the U.S. recommended daily allowance for protein.



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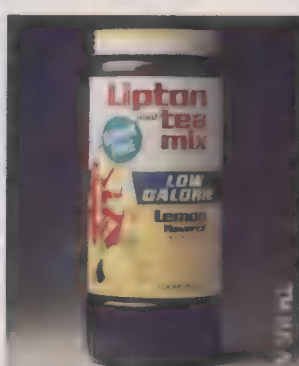


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- ¾ cup water
- ¼ cup milk
- ¼ teaspoon salt
- ½ cup (1 stick) unsalted butter
- 1¼ cups sifted unbleached flour
- 4 large eggs
- ½ cup sliced blanched almonds
- Pastry Cream (recipe follows)

1. Mark a 9-inch diameter circle on a large cookie sheet with a thin line of soft butter using a plate as a guide.
2. Heat water, milk, salt and butter to a full rolling boil in a medium-size saucepan. (Note: Liquid must be boiling rapidly.)
3. Add flour all at once. Stir rapidly with wooden spoon until mixture forms a paste and comes away from side of pan, forming a ball in the center. Cook, stirring, for 1 minute. Remove from heat.
4. Beat in eggs, 1 at a time, beating well after each addition until paste becomes smooth and shiny. (Note: Paste must be thick enough to hold its shape.)
5. Fit pastry bag with large plain tip #9. Fill bag with paste and press out within circle marked on cookie sheet to a 1½-inch-wide circle 1 inch high using all of the paste. (Or spoon heaping tablespoons of the paste close together inside the outline.) Press almonds into paste.
6. Bake in a moderate oven (375°) for 60 minutes or until puffed and golden brown. Remove from oven; cool on wire rack. When cool, split in half and scoop out any bits of soft dough.
7. To serve, spoon pastry cream in bottom half of cooled shell. Replace top; refrigerate. Sprinkle with 10X sugar.

PASTRY CREAM

Makes about 2¼ cups for \$1.48.

- 2 cups (1 pint) light cream
- ½ teaspoon vanilla
- ¼ cup granulated sugar
- 2 tablespoons cornstarch
- Pinch salt
- 4 egg yolks, beaten
- 1 teaspoon granulated sugar (optional)
- 10X (confectioners') sugar

1. Cook cream, vanilla and 2 tablespoons of sugar in a large saucepan over medium heat, just until mixture comes to boiling. Remove from heat. Blend remaining 2 tablespoons sugar, cornstarch and salt into beaten egg yolks.
2. Gradually blend 2 tablespoons of hot cream into the egg yolk mixture, stirring constantly. Return to saucepan, stirring until well blended. Return to medium heat. Cook, stirring constantly, until mixture thickens. Remove from heat. (Hint: Sprinkle 1 teaspoon sugar over top of pastry cream to prevent skin from forming.)
3. Cool quickly by setting saucepan in a pan of cold water or in refrigerator. Cool thoroughly.

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WONDER LOOM

Shown on pages 68-71

FAMILY CIRCLE PROJECT RATINGS

All FC instructions are written so that anyone can follow them, even beginners. Some of our projects, however, are more challenging than others, so we have rated them with the codes below for your convenience.

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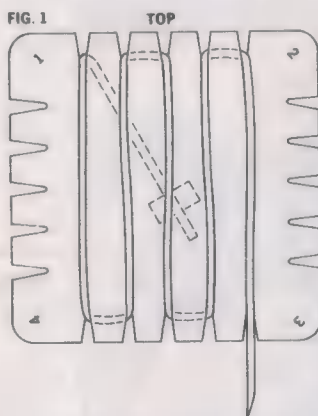
WEAVING DIRECTIONS:

• **The Loom:** Separate the loom from the magazine along the perforated lines. You can weave ten to fifteen squares on your Wonder Loom, before it begins to wear. Before you weave, trace our loom carefully on a similar piece of cardboard, in order to keep a fresh one always in reserve for additional projects.

• **The Yarns:** Almost any yarn, as well as light string and raffia, can be used to wrap the loom. Sometimes, (if you are using mohair, for example) you will want to change to a different yarn for the tying when the wrapping yarn does not knot well.

• **Wrapping:** With a small piece of tape, fasten the end of the yarn to the center of the back of the loom.

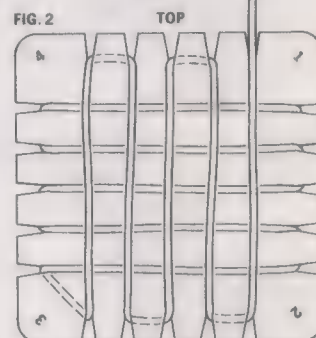
1. Hold the loom (see FIG. 1) right side up, with Nos. 1 and 2 at the top. Bring yarn to front of loom through the first notch at the right of corner 1. Cross over the loom to opposite notch below (first one to the right of corner 4). Keep tension even and relaxed. Wrap yarn behind loom and bring it forward through second notch to right of corner 4. Continue up and down in the same way (see FIG. 1) until you reach the last notch before corner 3.



CROCHET ABBREVIATIONS

ch—chain; dc—double crochet; dec—decrease; inc—increase; lp(s)—loop(s); oz(s)—ounce(s); rep—repeat; rnd(s)—round(s); sc—single crochet; skn(s)—skein(s); sk—skip; sl st—slip stitch; sp(s)—space(s); st(s)—stitch(es); tog—together; *—repeat whatever follows the * as many times as specified; () and []—do what is in parentheses and/or brackets the number of times indicated.

2. Turn loom ¼ to the right so corners 4 and 1 are at the top. Wrap yarn behind corner 3, bring it up through 1st notch to right of 3 and wrap loom as before, ending in last notch before corner 1 (see FIG. 2).
3. Turn loom ¼ to the left, wrap yarn behind corner 1 and repeat FIG. 1.
4. Turn loom ¼ to the right, wrap yarn behind corner 3 and repeat FIG. 2. You will now have four layers of yarn crossing at each intersection.



5. Turn loom ½ to the right (corners 2 and 3 at top). Bring yarn behind loom across to the second notch to right of corner 1. Wrap to corner 4.
6. Turn loom ¼ to the right. Bring yarn down behind loom and up through first notch to right of corner 4. Wrap to corner 2.

7. Turn loom ¼ to the right (corners 4 and 1 at top), bring yarn down behind loom up through first notch to left of corner 2. Weave to corner 4.
8. Turn loom ¼ to the right (corners 3 and 4 at top) and wrap yarn behind corner 4. Then wrap down to 1, continue wrapping, and end to the right of 2.

9. Bring the yarn behind corner 2, then directly over loom (to the right) into notch above corner 1. Cut yarn 3" beyond the loom. Release the beginning (taped) end of yarn and tie the two ends together with a square knot behind corner 1.

10. On the back of the loom you should have two loops between each notch. On the front of the loom you will have eight layers of yarn crossing at each intersection. For thinner yarns, add more layers by repeating Steps 1-9 (see directions for particular item).

• **Tying:** The work is wrong side up on the loom. Working on this side, you will tie each intersection together (using one continuous piece of yarn) so that a small X will form across the yarn on the underside (right side) of the work.

1. Thread 2 yards of yarn in a tapestry needle. Beginning at any corner, tie the end in a square knot diagonally across the first intersection. Insert needle, under (not through) the yarn, in the opposite diagonal direction (see FIG. 3). This will make an X on the underside. Pull the yarn through and slip the needle into the loop, to make a slip knot (see FIG. 4).

FIG. 3 TYING

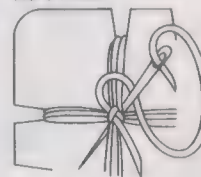
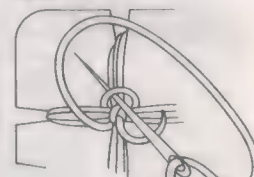


FIG. 4



2. Carry the yarn straight up to the second intersection (see FIG. 5) and tie it twice diagonally (in x-formation) with slipknots, the same way. Continue across the loom, following heavy lines in FIG. 5.
3. When all intersections are tied (and one-half the diagonal grid is formed), tie the yarn with a square knot and clip.

To page 110

1 mg. "tar," 0.5 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

FREE PACK

The first ultra low tar built on taste.



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We'll send you *your* free pack of New Winston Ultra.
Just fill in your name and address below.

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Winston-Salem, N.C. 27102

I certify that I am a smoker at least 21 years of age.

Check 85mm. _____ or 100mm. _____

NAME: _____

(please print)

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

(required)

CURRENT BRAND: _____ TEL: _____

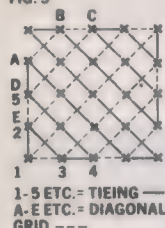
Offer restricted to smokers 21 years old or over. Limit one package per household. Void where taxed, prohibited by law or otherwise restricted. All promotional costs paid by manufacturer. OFFER EXPIRES JUNE 30, 1981.

Offer good only in USA.

Consumer must pay postage
to mail in coupon.



FIG. 5



- **Diagonal Grid:** Thread a 1-yard piece of the tying yarn in a tapestry needle and tie with a square knot. Slide needle under knots (starting at A) in the opposite diagonal direction to complete the x-grid at each square. Tie the final end in a square knot and clip.
- **Removing Loom:** Gently bend the loom forward and slip off all the loops between the notches. Curl the loom diagonally and pop off the corners last.
- **Finishing:** Crochet edges of squares (except coasters) as indicated in directions below (See *Stitch Diagrams* on page 110). These are the crochet stitches you will need to make most of the projects shown on pages 68-71.

BASE CHAIN AND SINGLE CROCHET



DOUBLE CROCHET

**SHAWL** (Shown on cover)

EASY Enjoyable for everyone.

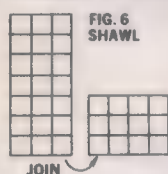
MATERIALS: Bucilla Yarns: "Melody"—Ten 1 oz. skeins of Yellow #27, "Perlette"—Two 1½ oz. skeins of Lemon Peel #25; 6 yds. of ¼"-wide yellow satin ribbon; Size F crochet hook.

DIRECTIONS:

1. Weave thirty-three squares in Melody yarn (Steps 1-9 three times) tied with Perlette yarn (see **WEAVING DIRECTIONS**). With Melody yarn work a base chain row as follows: 1 sc in corner, * ch 7, sc in same corner [ch 5, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-7. Tie off.

2. **Joining:** Join the squares as shown (see FIG. 6) in the following manner. With Melody, repeat the base chain as a second row of the first square only.

Second Square: Starting in any ch-7 corner, sc, ch 7, sc; ch 5, sc in ch-5 loop, continue to next corner.



(Note: This is the joining row; always have your squares right sides up.) Ch 3, sc in ch-7 corner loop of the first square, * ch 3, sc in the ch-5 loop on second square, ch 3, sc in the ch-5 loop of the first square; rep from * to next corner forming joining. Then complete row on the second square as on the first.

3. Weave satin ribbon through center spaces of the joining chains. Leave 2" extra on length of ribbons after weaving, for ease. Turn under ends of ribbon and tack to the edges of shawl and at each intersection of squares.

4. **Fringe:** Cut six 18" lengths of Melody yarn. Hold them together, with ends even, and fold in half. With a crochet hook, pull the folds of the loop to the wrong side through the base chain (between two loop groups). Insert cut ends of yarn through the loop and slide the loop up the base chain. Repeat between each loop group on all outside edges.

AFGHAN (about 45" square, plus fringe)

EASY Enjoyable for everyone.

MATERIALS: Bucilla "Spectator" (2 oz. skein): 8 of White #1 and 12 of Blue #29; Size F crochet hook.

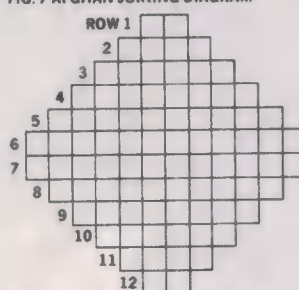
DIRECTIONS:

1. Weave 84 blue squares (Steps 1-9 three times), tied with white (see **WEAVING DIRECTIONS**).

2. With white, work a base chain around each square, picking up only half the loops (the back half) as follows: 1 sc in corner, * ch 7, sc in same corner [ch 5, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-7.

3. Following the chart (see FIG. 7), join squares with white yarn to make the twelve diagonal rows, as follows: Place two squares right sides together and edges even. Beginning at one corner, sc the corner base loops together, ch 3, sc in the next base chain loops of both squares. Continue across square, ending with sc in the corner loops; fasten off.

FIG. 7 AFGHAN JOINING DIAGRAM



4. Join the rows together (see FIG. 7) the same way, fastening off at the end of each row.

5. **Fringe:** See Step 4 of Shawl.

DOG COAT (about 15½" long-Med.)

EASY Enjoyable for everyone.

MATERIALS: Coats and Clark "Red Heart", 4-ply (2 oz. skein): 3 Black and 1 each of Emerald #676, Red #905, Lemon #226 and Skipper Blue #848; two 3" D rings; Size H crochet hook; pompon maker (see *Buyer's Guide*).

DIRECTIONS:

1. Weave the following squares (Steps 1-9 twice), tied in matching yarn (see **WEAVING DIRECTIONS**): One green, two each red and blue, three yellow.

2. **Borders:** Using black yarn, work a base chain as follows: 1 sc in corner, * ch 3, sc in same corner [ch 2, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-3. **Next Row:** 5 sc in each ch-3, 3 sc in each ch-2.

3. **Joining:** With wrong sides up and edges matching, slip stitch squares together (see FIG. 8).

4. **Turtleneck:** Attach black yarn at neck opening. Decrease 2 sts at both corners, every row. Work 6 rows of dc and fasten off.

5. **Pompon:** Make two 3" pompons (follow label directions with pompon maker). Then cut two 108" strands of black yarn; hold them together as one and make a ch 15" long. Attach a pompon at each end. Tie a bow and tack at center front of neck opening.

6. **Leg loops:** Ch 37, begin in third st from hook, 34 dc. Repeat for second loop. On the wrong side, stitch the ends of each loop to the bottom corners of each red square (see FIG. 8).

FIG. 8



7. For D-ring: Single crochet over each ring until it is covered. Sl st to join and fasten off. For belt end, ch 59, begin in third st from hook 56 dc, dc two more rows. Center and stitch to wrong side of one blue square. Repeat for plain belt end, but with 79 stitches, and stitch to opposite blue square.

THREE SACHETS

EASY Enjoyable for everyone.

MATERIALS: Coats & Clark "Luster Sheen" (2 oz. skein): One each of Crystal Pink #206 (Square), Light Lilac #122 (Triangle), Natural #805 (Ball), also Bright Rose #242 for tying; for square and ball, 22" each of ¼"-wide pre-gathered ecru lace; ½ yd. of ¼"-wide pink ribbon for each sachet; scraps of netting, pink and white satin; sachet filler; Size F crochet hook.

DIRECTIONS:

1. **Square sachet:** Weave one pink square (Steps 1-9 three times) tied with Bright Rose (see **WEAVING DIRECTIONS**). With matching yarn work a base chain as follows: 1 sc in corner, * ch 5, sc in same corner [ch 3, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-5. **Next Row:** 7 sc in each ch-5, 3 sc in each ch-3. Tie off. On the wrong side with wrong sides up, stitch lace around the sc edge.

2. **Satin insert:** Cut two 6" white satin squares. With right sides together, stitch three sides and four corners. Trim, turn and press. Stuff and slipstitch opening closed. Slipstitch woven square over to satin pillow, matching square edges to pillow seam.

3. Attach yarn to one corner and make a 10" chain. Attach loose end to starting point to form a loop. Tie a bow at the base with an 18" piece of ribbon.

4. From pink yarn make an 8" long tassel, as follows: Wind yarn vertically around a small paperback book thirty times. Tie and knot a 10" length of yarn under and around yarn at top end of book. Cut through yarns at opposite end of book. Comb tassel with your fingers. Cut a 20" piece of yarn and tie it around tassel ½" below the top end. Wrap yarn around tassel about ten times again. Trim bottom evenly.

5. **Triangle sachet:** Weave one lavender square (Steps 1-9 five times) tied with Bright Rose (see **WEAVING DIRECTIONS**). Make base chain same as in Step 1 of Square sachet. Work a border row as follows: 7 dc in each ch-5, 3 sc in each ch-3. Tie off. From pink satin, cut a 6" square, fold it in half diagonally, right sides together. Stitch along raw edges leaving an opening for turning. Turn to right side and press. Stuff and stitch closed.

6. With right side out, fold square in half diagonally. Begin at one corner and sc the edges together. Make 3 sc at center to turn. Insert triangle pillow and sc the sachet closed. See Step 3 and attach loop and ribbon to center point and tassel at center bottom (see photo on page 68).

7. **Ball sachet:** Weave a natural square (Steps 1-9 five times) tied with matching yarn (see **WEAVING DIRECTIONS**). Make base chain same as in Step 1. Work a dc border (see Step 5). Stitch lace around dc edge as in Step 1. Cut a 5" net circle, place two tablespoons of sachet in the center, gather up to form a ball and tie raw edges together at the top with yarn. Place in the center of the wrong side of the square. Stitch four corners of square together. Attach loop and tassel.

MAN'S HAT AND MUFFLER

AVERAGE For those with some experience, but do-able for everyone.

MATERIALS: Coats and Clark "Texture Delight" five (1.76 oz.) skeins of #47 Blue (2 for hat and 3 for muffler); Size H crochet hook; pompon maker (see *Buyer's Guide* on page 31).



NEW RAID ROACH TRAPS.

Raid attracts 'em. Traps 'em. Kills really tough roaches dead.

Tough luck, tough roaches. New Raid Roach Traps are here. With the trapping power to kill really tough roaches dead. No spraying. No insecticides. Raid Roach Traps attract roaches, then trap them. When the traps are full, just throw them away. Dead roaches and all.



**Johnson
Wax**

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DIRECTIONS:

1. **Man's Hat:** Weave four squares (Steps 1-9 twice) tied with matching yarn (see WEAVING DIRECTIONS).

2. With wrong side up, work around three sides and two corners (leaving one side open for crown). First make a base chain as follows: Make a sc starting at the upper right corner loop * [ch 2, sc in next loop] 4 times, ch 3, sc in same corner loop; rep from * once, end with [ch 2, sc in next loop] 4 times.

3. With right side up, work a border row as follows: 3 sc in each ch-2 space and 7 sc in each ch-3 space. Fasten off. Repeat this on all squares. Position all the squares so that the free loops are directed in one way.

4. **Crown:** With wrong side up, sl st the sides of the four squares together into a ring so that all the free loops are directed towards the top of the hat.

5. **Joining Crown Sections:** Rnd 1: Sc in each free loop group around the top of the hat, join with sl st to first sc. Rnd 2: Ch 3 (counts as 1 dc), dc in each sc, join with sl st to top of ch-3. Rnd 3: Ch 2 (counts as 1 sc), sc in every other sc, join with sl st to top of ch-2—13 sts. Rnd 4: Ch 2 (counts as 1 sc), sc in every other sc; ending with skip 2 sc, sl st to top of ch-2—6 sts. Rnd 5: Ch 2 (counts as 1 sc), sc in every other sc, join with sl st to top of ch-2—3 sts. Stitch hole closed from wrong side. Make pompon and fasten it to top of hat.

6. **Brim:** Attach yarn at crochet edge of squares. Ch 3 (counts as 1 dc), dc in each sc around, join with sl st to top of ch-3. Make 4 more rnds in the same manner. Weave 1/4" elastic through first row of dc and adjust for a snug fit.

7. **Muffler:** Weave eight more squares to match hat. Work a base chain around each square as follows: 1 sc in corner, * ch 3,

sc in same corner [ch 2, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch-3. Next Row: 5 sc in each ch-3, 3 sc in each ch-2.

8. **Joining:** Join all eight squares into one strip by slip stitching them together from the wrong side.

9. **Border:** Attach yarn to a corner, ch 3 (counts as 1 dc), dc in each sc around making 3 dc at each intersection. Join with sl st to top of ch-3.

10. **Fringe:** Using three strands of yarn for each tassel, apply fringe to each end of scarf (see Step 4 of Shawl).

POTHOLDERS

EASY Enjoyable for everyone.

MATERIALS: Coats & Clark "Red Heart" 4-ply Handknitting Yarn (3 1/2 oz. skein): 1 skein each of White #1 and Geranium #742 (4 potholders from 1 skein); scraps of white cotton and fleece; 1" plastic ring; Size H crochet hook.

DIRECTIONS:

1. Weave two geranium squares (Steps 1-9 twice) tied with white (see WEAVING DIRECTIONS). With white yarn, work a base chain as follows: 1 sc in corner, * ch 4, sc in same corner [ch 3, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-4. Next Row: 5 dc in each ch-4, 3 dc in each ch-3. Fasten off. Repeat for second square.

2. **Insert:** Cut two 5 1/2" squares from cotton and one from fleece. Place fleece between cotton layers, edges even. Stitch a 1/2" seam around three sides and four corners. Trim, turn and press. Slipstitch opening closed. Place insert between two woven squares, right sides out and edges even. Sc around edges. Sc around plastic ring and join with slip stitch. Fasten off and tack ring to one corner of potholder.

SLIPPERS (Adult-One size fits all)

AVERAGE For those with some experi-

ence, but do-able for everyone.

MATERIALS: Bucilla "Spectator" (2 oz. skein); 2 skeins Larkspur #20; scrap of white yarn; Size F crochet hook; tapestry needle.

DIRECTIONS:

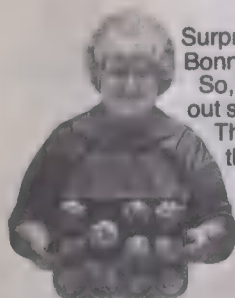
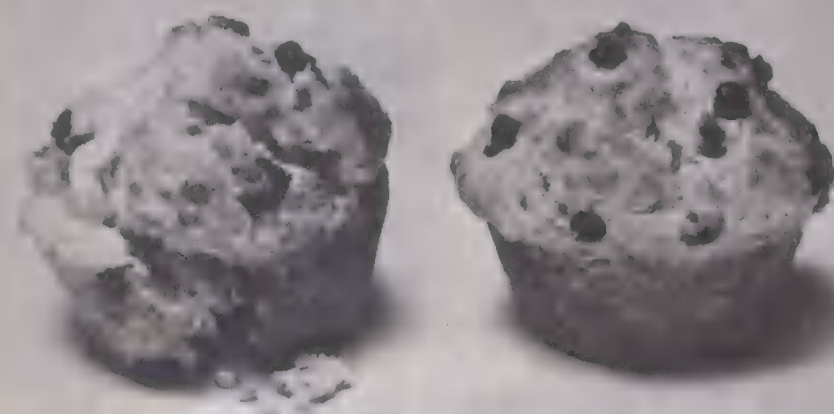
1. Weave two Larkspur squares (Steps 1-9 four times) with white (see WEAVING DIRECTIONS). Around both squares, with Larkspur, work a base chain as follows: 1 sc in corner, * ch 3, sc in same corner [ch 2, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-3. Next Row: 5 dc in each ch-3, 3 dc in each ch-2.

Note: From here on work with two strands of yarn held together throughout.

2. **Slipper Back (make two):** Starting at top edge, ch 48. Row 1: Dc in third ch from hook, dc across—46 dc, ch 3, turn. Row 2: Dc in each dc across. Row 3: Dc across, inc 1 st at beg and end—48 dc, ch 3, turn. Rows 4-8: Rep Row 3 until you have 58 dc. Fasten off.

3. **Sole (make two):** Row 1: Ch 5, dc in 4th ch from hook, dc in next ch, ch 3, turn. Row 2: Dc in dc, 3 dc in next dc, 2 dc in next dc—7 dc, ch 3, turn. Row 3: Dc in dc, 2 dc in next dc, dc in each of next 3-dc, 2 dc in each of next 2 dc—11 dc, ch 3, turn. Row 4: Dc in dc, 2 dc in next dc, dc in each of next 7-dc, 2 dc in each of next 2 dc—15 dc, ch 3, turn. Row 5: Dc across, inc 1 st at beg and end—17 dc, ch 3, turn. Rows 6-11: Dc in each dc across—17 dc, ch 3, turn. Rows 12-15: Dc across to next to the last st (dec made), ch 3, turn. Rows 16-17: Dc across—13 dc, ch 3, turn. Row 18: Dc across to next to the last st (dec made)—12 dc, ch 3, turn. Row 19: Dc across, dec 1 st at each end—10 dc, ch 3, turn. Row 20: Dc in each dc across—5 dc, ch 3, turn. Row 21: Dc across to next to the last st (dec made)—4 dc. Fasten off. To page 112

Which muffin took first prize at the Illinois State Fair?



Mrs. Michael's muffins pop out perfect with Baker's Secret bakeware.

Surprise. Both blueberry muffins were made from Mrs. Bonnie Michael's prize winning recipe—but in different pans. So, only the muffin at the right popped out perfect. Without sticking or tearing.

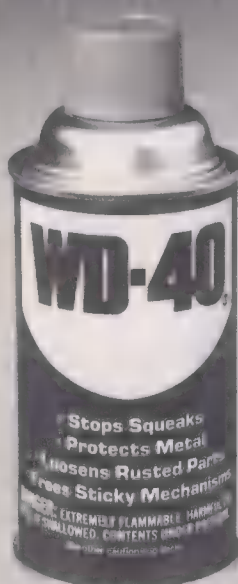
The secret: Baker's Secret, the fine quality bakeware with the Easy-Out finish.

No sticking.
No tearing.
No kidding.

EKCO
Baker's Secret BAKEWARE

Everything comes out simply perfect.

Do it with



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

WD-40 COMPANY, San Diego, CA 92110

4. Assembly: With wrong sides up, lap and pin diagonal ends of slipper back piece over two crocheted edges of square having shorter of two free edges meet at the top corner of square (see photo on page 68). Using yarn in needle, slipstitch back piece to square along edges. Working from the right side, sc the bottom edges of the square and of the slipper back to the sole, matching the toe of sole to the corner of the square. Evenly pick up sts around the sole piece. Fasten off.

TOTE BAG (15"x15"x6")

EASY Enjoyable for everyone.

MATERIALS: Unger "Fluffy" three (1.75 oz.) skeins of Lavender #495; 4 yds. of 1/2"-wide lavender ribbon; 1 1/2 yds. of 45"-wide lavender sailcloth (also of lining fabric) and 1 yd. of 36"-wide felt interfacing; 6"x21 1/2" piece of fusible web; Size F crochet hook.

DIRECTIONS:

1. Weave four squares (Steps 1-9 three times) tied with matching yarn (see WEAVING DIRECTIONS). With same yarn, work a base chain as follows: 1 sc in corner, * ch 7, sc in same corner [ch 5, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-7. Tie off yarn on each square.

2. Joining: Place two squares together with right sides facing, sc in center ch of ch-7 base chain of both squares, * ch 3, sc in center of ch-5 of both squares; rep from * across, ending with sc in center of ch-7 loops. Fasten off. Repeat for two more squares, then join four squares together (in two rows) in the same way.

3. Borders—Rnd 1: Starting at corner loop of a corner square, make * 7 dc in ch-7, [dc in sc, 5 dc in ch-5] 13 times; rep from * 3 more times, end with sl st in first dc made. Rnd 2 (Beading rnd): Ch 4 (counts as 1 dc and ch 1), skip 1 dc,

* 5 dc in next dc, [ch 1, skip 1 dc, dc in next dc] rep to next corner, then rep from * 3 more times, end with ch 1, sl st in 3rd ch of ch-4. Rnd 3: Ch 3 (counts as 1 dc), dc in each dc to center dc, * 5 dc in center dc, then dc in each dc and ch-1 space to next corner; rep from * around, end with sl st in top of ch-3. Fasten off. Insert ribbon through beading row.

4. Tote (1/2" seams allowed): From sailcloth, cut two 16" squares for front and back, two 7"x16" side pieces, one 7"x16" bottom piece and two 4"x21 1/2" handles. Repeat for lining and interfacing, omitting handles.

5. Assembly: Baste interfacing to wrong side of sailcloth pieces. With right sides together and edges matching, pin the side panels to the side edges of the front and back pieces. Stitch, stopping 1/4" from the bottom edges. Press seam open. With right sides together, pin the bottom section to the bag. Stitch. Press seams down.

6. Handles: From fusible web cut two 3"x21 1/2" strips. Press under the seam allowance on each long edge of a sailcloth handle. Slip the web strip under the seam allowances, fold the handle in half lengthwise, matching edges, and press. Edgestitch all edges, then stitch again, 1/4" inside. Repeat for other handle. With cut edges matching and right sides together, pin the handle ends to the front top edge, each about 2 1/2" from center. Stitch. Repeat on back piece.

7. Assemble lining same as tote (see Step 5) leaving a 10" opening for turning at one bottom edge. Press. Insert bag into lining right sides together. Seam them together around upper edge, catching in handles. Pull bag down through opening in the lining (turning lining right side out). Edgestitch folded edges of the lining opening together. Insert lining into the bag. Press the upper edges flat.

8. Pin woven square piece to front of tote, matching edges to seams and top edge. Slipstitch all edges.

PILLOW (about 13" square)

EASY Enjoyable for everyone.

MATERIALS: Unger "Fluffy" three (1.75 oz.) skeins of Lavender #495 or Bucilla "Melody", three (1 oz.) skeins of #27 Yellow; 1/2 yd. of 44"-wide white fabric; synthetic stuffing; Size F crochet hook.

DIRECTIONS:

1. Weave eight squares (Steps 1-9 twice) and tie with matching yarn (see WEAVING DIRECTIONS). Work a base chain around each square and join four each together (see Steps 1 and 2 of Tote Bag).

2. Border: Work a dc border around the 4 joined squares. Work 5 dc in ch-5 spaces and 7 dc in ch-7 corners. Work 1 dc where the squares join. Repeat for remaining four squares (pillow back).

3. Pillow Insert: From broadcloth, cut two 14" squares. With right sides together and edges matching, stitch (1/2" seam) around three sides and four corners. Turn and stuff. Slipstitch opening closed.

4. With wrong sides together, sc woven front and back pieces together along three sides and four corners. Insert inner pillow and close with sc. Fasten off.

APRON

EASY Enjoyable for everyone.

MATERIALS: Coats & Clark "Red Heart" 4-ply yarn (3 1/2 oz. skein): One each of White #1 and Green Apple #667; 3/4 yd. 44"-wide green gingham; scraps of white fabric; 1 yd. white bias tape; Size H crochet hook.

DIRECTIONS:

1. Weave two squares in green (Steps 1-9 twice), tied with white (see WEAVING DIRECTIONS). With white, work a base chain as follows: 1 sc in corner, * ch 4, sc in same corner [ch 3, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-4. Next Row: 5 dc

in each ch-4, 3 dc in ch-3.

2. **Waistband:** Make a chain of 280 sts, dc in third ch from hook, dc across, ch 3, turn. Work three more rows of dc and fasten off.

3. **Skirt:** Cut 26" long x 44" wide apron and round off two lower corners. Stitch a narrow hem around side and bottom edges. Sew two rows of gathering stitches $\frac{1}{2}$ " and $\frac{1}{4}$ " from top edge. Pull them up to 18" and bind edge with bias tape.

4. With right sides up, center, lap and pin waistband about $\frac{3}{4}$ " over the gathered edge. Slipstitch securely under waistband edge and across the binding.

5. **Pockets:** Cut two 7" fabric squares. Press under all edges $\frac{1}{2}$ ". With right sides out and edges matching, slipstitch one to the back of each woven square. Placing pockets 7" in from side edge and 6" down from waistband, slipstitch them to apron around side and bottom edges.

WOMEN'S HAT AND SCARF

AVERAGE For those with some experience, but do-able for everyone.

MATERIALS: Lion Brand "Tweed Look" Beige #46 (3 oz. skeins): 2 for hat and 2 for scarf; Size H crochet hook; pompon maker (see *Buyer's Guide* on page 31).

DIRECTIONS:

1. Weave four squares (Steps 1-9 twice) tied with matching yarn (see **WEAVING DIRECTIONS**).

2. See Steps 1-5 for Man's Hat and work the same, omitting pompon.

3. **Brim:** Attach yarn at crochet edge of squares. *Rnd 1:* Ch 3 (counts as 1 dc), dc in each sc around, making 3 sc at each intersection. *Rnd 2:* Ch 4 (counts as 1 dc and ch 1 sp), * skip 1 dc, dc in next dc, ch 1; rep from * around, join with sl st to third chain of ch-4. *Rnd 3:* Attach a second strand of yarn and work as one. Ch 2 (counts as 1 sc), sc in every dc and ch-1 space. *Rnds 4-8:* Ch 2 (counts as 1 sc), sc in every sc. Fasten off.

4. **Drawstring:** Using two strands of yarn as one, make a chain 32" long. Insert the drawstring through the dc beading row, tie at side of hat. Make two 3" pompons and attach one to each end of the drawstring.

5. **Scarf:** Weave twelve more squares, to match hat. Complete scarf by following Steps 7-10 for Man's muffler, using four strands of yarn for fringe.

BASKET

EASY Enjoyable for everyone.

MATERIALS: Rialto-Bast Artificial Raffia: 6 skeins each of colors #20 and #2 (see *Buyer's Guide* on page 31); scraps of orange yarn; 2 yds. of 1"-wide ivory satin ribbon; Size H crochet hook.

DIRECTIONS:

1. Using two colors of raffia as one strand, weave eight squares (Steps 1-9 twice) and tie them with orange yarn (see **WEAVING DIRECTIONS**).

2. **Joining:** Use color #2 to crochet squares together. (No base chain is required.) With right sides together and loops matching, work 3 sc in each loop, from corner to corner, to join two squares together at one edge. Tie off. (Crochet is worked on the wrong side of basket.) Join six squares in this way, in a continuous ring (the basket sides). Join two squares together for the bottom. With right sides together, edges even and seams matching at centers and corners, join the bottom to the sides

in same manner. Turn the right side out.

3. **Handle:** Cut twenty-seven 36" lengths of each color of raffia. Divide into three eighteen piece bundles having nine lengths of each color in each bundle. Comb them with your fingers and tape the ends together. Braid the three bundles into a handle about 27" long. With right side out, tuck handle ends under, and hand stitch handle over center seams at side bottom of basket.

4. Cut ribbon in half. Weave one piece in and out of loops around half the basket, starting and ending at handles. Repeat. Tie extending ends into bows at each handle.

PLANT HANGER

EASY Enjoyable for everyone.

MATERIALS: Lion Brand Sayelle 4-ply yarn (4 oz. skein): One skein each of Brick #134 and Goldenrod #187.

DIRECTIONS:

1. Weave three squares (Steps 1-9 twice) in Goldenrod, tied with Brick (see **WEAVING DIRECTIONS**). Using Brick yarn, work a base chain as follows: 1 sc in corner, * ch 4, sc in same corner [ch 3, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-4. *Next Row:* 7 dc in each ch-4, 4 dc in each ch-3.

2. **Joining:** Sc two squares to adjacent sides of a third square (forming an "L"). Sc the two sides of the inside corner together (forming a pyramid).

3. **Hanging chains:** Using three strands of Brick as one, start at the outer corner of one square to make a 12" chain. Repeat at next outer corner. Repeat at last outer corner. Make the chain 20" long. Fasten off, leaving 8" yarn ends. Hold three chains together at end of the two shorter chains to allow planter to hang evenly and tie them together with yarn ends. Fold longer chain down to reach this point, then tie it in with yarn ends to form a loop. Wrap yarn ends over chain ends securely for 2". Make a Brick tassel and attach to bottom point of planter (see Step 3 for Sachets).

PLACEMAT (17 $\frac{1}{2}$ "x12")

EASY Enjoyable for everyone.

MATERIALS: Coats & Clark "Red Heart" 4-ply yarn (3 $\frac{1}{2}$ oz. skein): One each of White #1 and Green Apple #667; Size H crochet hook.

DIRECTIONS:

1. Weave six green squares (Steps 1-9 twice) tied with white (see **WEAVING DIRECTIONS**). Work a base chain as follows: 1 sc in corner, * ch 4, sc in same corner [ch 3, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-4. *Next Row:* 5 sc in each ch-4, 3 sc in each ch-3.

2. **Assembly:** Sl st the squares together from the wrong side, making two rows of three squares each. Sl st the rows together the same way, matching intersections.

3. Make a white border around the six joined squares as follows: Ch 3 (counts as 1 dc), dc in every sc, working 3 dc when you cross a border or round a corner, ending with sl st in top of ch-3. Make another dc row.

COASTERS

EASY Enjoyable for everyone.

DIRECTIONS: Weave a square (Steps 1-9 at least twice, depending on weight of yarn) and tie (see **WEAVING DIRECTIONS**). Use as it is; no crochet is needed.

TOASTER COVER

EASY Enjoyable for everyone.

MATERIALS: Coats & Clark "Red Heart" 4-ply yarn (3 $\frac{1}{2}$ oz. skein): One each of white #1 and Green Apple #667; $\frac{1}{4}$ yd. each of green broadcloth and felt or interfacing; Size H crochet hook.

DIRECTIONS:

1. Weave four white squares (Steps 1-9 twice) tied with green (see **WEAVING DIRECTIONS**). Work a base chain as follows: 1 sc in corner, * ch 4, sc in same corner [ch 3, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-4. *Next Row:* 5 sc in each ch-4, 3 sc in each ch-3.

2. **Joining:** With right sides together and edges matching, sl st two squares together along one edge. Repeat for back.

3. **Boxing strip:** With green yarn, make a ch of 111 sts, dc in third ch st from hook, dc across. Ch 3, turn. Work 14 more rows of dc and fasten off.

4. Pin boxing strip to the top and sides of two joined woven squares and sc them together from the right side. Repeat to join the back.

5. **Lining:** Cut two pieces of broadcloth, each 6 $\frac{1}{2}$ "x11 $\frac{1}{2}$ ". Turn under and press $\frac{1}{2}$ " on all edges. With wrong sides together, slipstitch one lining piece under two front squares, along outer edges. Repeat under back squares.

BABY BLOCK

EASY Enjoyable for everyone.

MATERIALS: Coats & Clark Baby Yarn (1 $\frac{1}{4}$ oz. skein): One each of White #1, Lt. Pink #722, Pastel Green #680 and Baby Yellow #224; Size F crochet hook; $\frac{1}{4}$ yd. white fabric; synthetic stuffing.

DIRECTIONS:

1. Weave two squares each in the three colors (Steps 1-9, four times), tied in matching yarn (see **WEAVING DIRECTIONS**).

2. **Border:** With white yarn and an F hook, work a base chain around each woven square as follows: Sc in any corner lp, * ch 4, sc in same corner lp, [ch 3, sc in next lp] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-4. *Next Row (dc row):* 7 dc in each ch-4, 4 dc in each ch-3. Fasten off. Repeat for other squares.

3. **Joining:** With right sides facing, sc the side edges of two pink and two green squares, alternating the colors, to make sides of Baby Block. Sc a yellow square to the four bottom edges. Insert pillow (see Step 4), then sc a yellow square to the four top edges.

4. **Inner Pillow:** Cut six 6 $\frac{1}{2}$ " squares of fabric. Join four sides, taking $\frac{1}{2}$ " seams (start and stop stitching $\frac{1}{2}$ " from raw edges). Press. Stitch a square to bottom and another to top, leaving one side open for stuffing. Turn right side out, stuff and slipstitch opening closed.

BABY SWEATER

AVERAGE For those with some experience but do-able for everyone.

MATERIALS: Coats & Clark Baby Yarn (1 $\frac{1}{4}$ oz. skein): One each of White #1 and Lt. Pink #722; Size F crochet hook; plastic pompon maker (see *Buyer's Guide* on page 31).

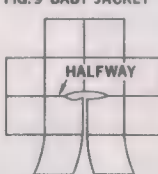
DIRECTIONS:

1. Weave 12 pink squares (Steps 1-9, four times—see **WEAVING DIRECTIONS**).

2. Crochet Border around each block (see Step 2 for Baby Block) with pink yarn.

3. **Joining:** Slipstitch the squares together from wrong side following the diagram (see FIG. 9). Join the central four squares only halfway to form neckline and leave center front open.

FIG. 9 BABY JACKET



4. Fold sweater along shoulder line, right sides together, and slipstitch front to back at underarm and side edge.

5. **Beading:** Crochet around neck opening with white yarn as follows: *Row 1:* Beginning at front corner, ch 4, *sk next dc, ch 1, dc in next dc; rep from * to opposite front corner. Ch 1, turn.

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To order a set of five additional looms, send \$1 (includes postage and handling) to *Family Circle Looms*, Dept. 926, Box 450, Teaneck, N.J. 07666. No stamps, please.

Handy answers to hard questions asked by children in the Health-tex years.

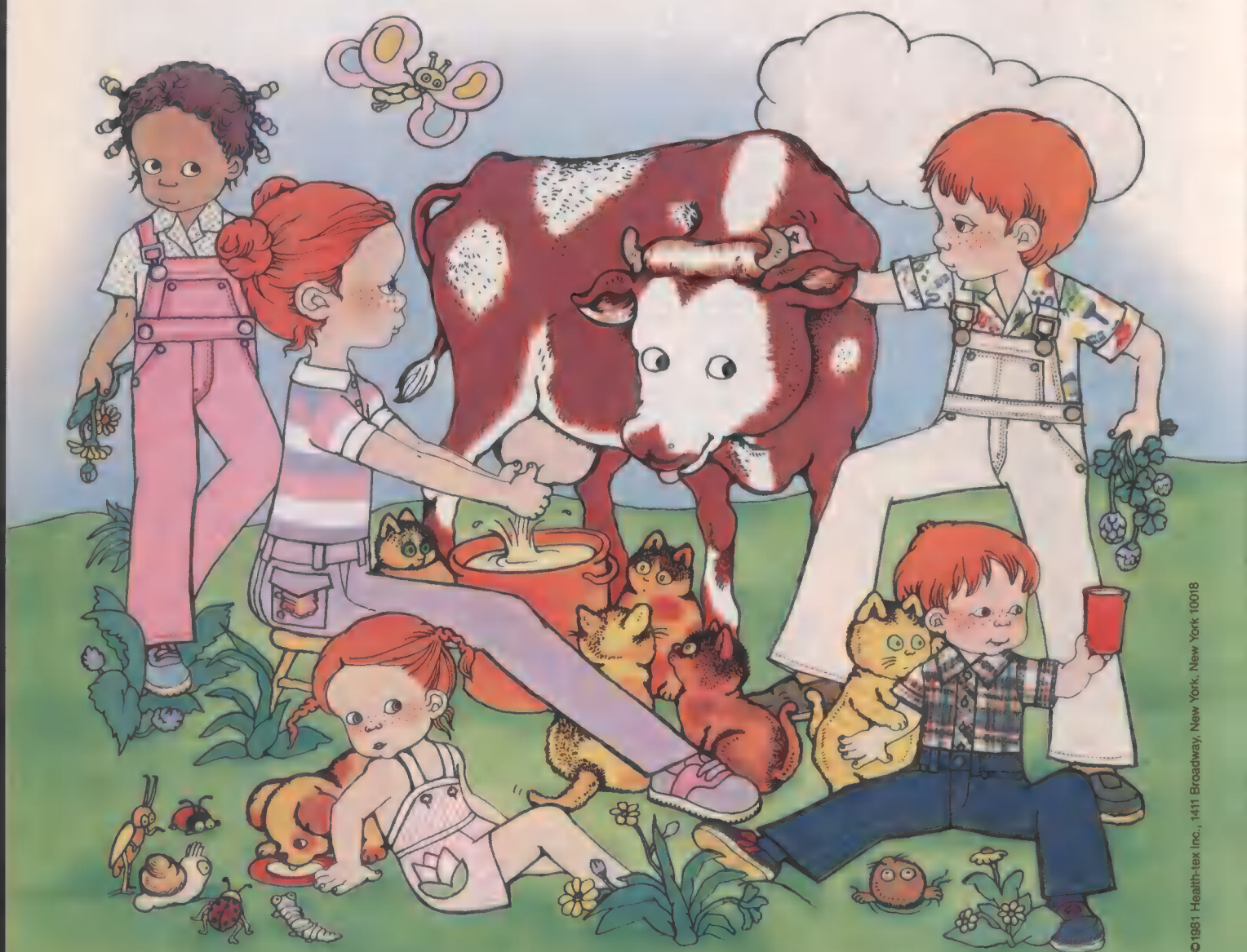
How do cows make milk?

A dairy cow has four stomachs to help her turn about half the food she eats into milk. That's why it's okay for cows (not people) to eat fast and swallow food half-chewed. In the cow's first stomach, the food is softened. In her second stomach, little balls called cuds form. The cow burps up the cuds and re-chews them. She can swallow her breakfast in the morning and chew it that afternoon!

The third and fourth stomachs and the intestine digest the food even more. All the nutrients in the cow's food go through her bloodstream to the udder. When the udder is massaged, the milk squirts out through the large nipples, called teats, into a pail. Years ago,

farmers always milked their cows by hand. Today most people don't have their own cows, but they still need milk because it's a very healthy food. So today dairy farms produce the milk and ship it everywhere. The cows are milked with electric machines. Each cow gives at least 4,700 quarts of milk each year. How much milk did you drink today?

Whether you have a cow to milk or not, down-on-the-farm styles are great fun. Health-tex has them in country-fresh jeans and overalls in springtime pastels in boys' and girls' sizes 3 months to 14.



Row 2: Sc in each dc and ch-1 sp across to opposite front corner. Ch 1, turn. Row 3 (scallop row): Sl st in first st, * sk 2 sts, 5 dc in next st, sk 2 sts, sl st in next st; rep from * across to opposite front corner. Sl st in corner st. Repeat Row 3 along front, bottom and opposite front edges, ending at the opposite front corner st. Fasten off.

Sleeves: With white, work Beading around wrist edge (Rows 1 and 2 above). Then work Row 3. Repeat for other wrist.

6. Drawstrings: Using two strands of white yarn, chain two 18" chains, one 30" chain two 10" chains. Weave an 18" chain through beading at each wrist; tie ends in a bow at the top (shoulder seam). Weave the 30" chain through the neck beading. Attach one 10" chain to each side of the front opening where the squares are joined.

Pompons: Make four 2" pompons; attach to each end of the 10" and 30" chain.

BONNET

AVERAGE For those with some experience but do-able for everyone.

MATERIALS: Coats & Clark Baby Yarn (1½ oz. skein); One each of White #1 and Lt. Pink #722; Size F crochet hook; pompon maker (see *Buyer's Guide on page 31*).

DIRECTIONS:

1. Weave three pink squares.
2. Crochet a pink Border (see Step 2, Baby Block) on three sides only of each square.
3. Join the three squares in a strip (have edges with free loops to the right) by working sl st from the wrong side.
4. Sc the free loops and sl st them together to form an open ring at bonnet back.
5. Crochet Beading and scallop rows on front edges of bonnet (see Step 5, Baby's Sweater).
6. With two strands of white yarn make a 36" chain. Weave it through the beading. Make two white pompons and sew one to each end of chain.

BOOTIES

AVERAGE For those with some experience but do-able for everyone.

MATERIALS: Coats & Clark Baby Yarn (1½ oz. skein); One each of White #1 and Lt. Pink #722; Size F crochet hook; plastic pompon maker (see *Buyer's Guide, page 31*).

DIRECTIONS:

1. Weave two pink squares (one for each bootie) to match sweater.
2. With white yarn and an F hook, work the base chain, to shape the bootie, around one square as follows: Row 1: Beginning at one corner of square with right side facing, sc in corner lp, sc in next 6 lps—7 sc made; sl st to first sc worked to form a ring for toe of bootie; with right side facing ch 3, sc in same corner lp as first sc worked, ch 3, (sc in next 4 lps), ending in the next corner lp, ch 5, sc in same corner lp, (ch 3, sc in next lp) 5 times, ending in the next corner lp, ch 5, sc in same corner lp, ch 3 (sc in next lp) 4 times, ch 3, sc in the next lp, ch 3, sc in ring for toe.
Row 2: Do not turn. Ch 3, 2 dc in next ch lp, dc in next sc, 3 dc in ch lp, dc in next 4 sc, 7 dc in corner ch lp (dc in next sc, 3 dc in next ch lp) 5 times, dc in next sc, 7 dc in corner ch lp, dc in next sc, 3 dc in ch lp, dc in next 4 sc, 3 dc in ch lp, dc in sc, 3 dc in next ch lp. Join to first ch of ch-3.
3. Closing: Turn wrong side out. Sl st last dc to first dc. Join 14 dcs together with a single crochet. Fasten off. Turn right side out.
4. Work the scallop row around the top edge of the bootie as follows: Sl st in first st at top corner, * sk 2 dc, 5 dc in next dc, sk 2 dc, sl st in next dc; rep from * across to opposite top corner of bootie. Sl st in top corner st.
5. Repeat Steps 2-4 for second bootie.
6. With white yarn chain two 15" lengths for drawstring, and weave one through dcs of Row 2 on each bootie. To page 132

MOTHER WIT

From page 67

Mornings the front lawn was littered with baseball gloves, Frisbees, paperbacks—all of which Jason and Daniel had kept by their window, ready to throw when the yowling started. They never threw hard, though it would have been a pleasure to murder "Old Despicable," as Jason called him, a huge white animal with no ears, probably the father of most of the cat population for blocks around.

They had just discovered that English muffins made the safest artillery, when the yowling stopped. Then one week after Jason's departure, Juanita's black sides began to bulge.

"I expect you're prepared to take care of those kittens yourself," Daniel's mother said to him. "Because I can't. You know that, don't you?"

They were eating breakfast. It was something she had always insisted on, that they sit down to breakfast and dinner together. They must work harder at being a family, she often said, since they had no father and only vague memories of one. Rather, Jason had memories; Daniel, who was a baby when his father died, had no more than a living-room photograph, a face he liked, which over the years had grown younger and more and more like himself.

So, it was family breakfast at 7:30, dressed, combed, table set with yellow dishes. Daniel had never been in a mood for dialogue at that hour, even with Jason at home. Now it was worse, with only his mother across the table, dressed for the office and expecting conversation. He wanted to sip his coffee in silence, the lights out. She wanted the lights on.

"You know that," she said again, looking at him over her cup. "Don't ask me to help with the kittens. Agreed?"

Daniel saw that she wanted a real answer, a mouth one, not a glance or a nod. It was another of her rules: Answer clearly and distinctly when spoken to.

"Yes," he said, trying to sound patient.

"Do you know how to get ready?"

"...Ready?"

"A place for her to have the babies. They're coming in three weeks, maybe less. Her nipples have developed. I looked."

Why on earth did he find that embarrassing? He hoped to heck he was not blushing.

"Fix up a box with some old rags and put it in a secluded spot. Under Jason's bed. She'll find it there. She's already begun to snoop about the house, looking for... Are you listening?"

"Yes."

"Keep the door to your room shut daytimes, with her inside."

"Okay."

"You agreed to keep the cat. It's your responsibility. And as soon as they're weaned, they go... Right?"

"Okay! Okay!"

She gave him the look then, lighting her cigarette. Fire in the eye, a lick of blue flame. *Watch your mouth, kid. This is your mother.* Then a slow smile, waving out the match, still gazing at him squarely. *I know I made you mad. I have to do that sometimes.* Smoke blown off to the side, her eyes averting at last, releasing him.

"Cigarettes give you cancer," Daniel said, and excusing himself (another fast rule), left the table.

She'd changed lately, he was sure. She'd always been "tough" (her own word) and that had never bothered him. But now she seemed inflexible. Even her looks had changed. Once he had thought she was pretty. Now he could see that she was not really, and this annoyed him, as if she had failed to keep a promise. Or maybe it was because he looked down on her now, a different view. The tops of people's heads, he was discovering, were seldom attractive. As for his new height, she was always remarking about it. "What a string bean!" she'd exclaim, giving him a hug. She tended to repeat things: "My boys are not going to be helpless males." And she asked the same questions. "You got a girl in school you're sweet on?" *Sweet on!*

"No," he'd answer dully. If Jason were present he'd whisper, "Sweet Sue," making his *ss* whistle. "Sweet Sue Stenquist." Which would require killing him on the spot, and the awful moment would be over.

But Jason was gone, leaving Daniel alone to do the job of being a family. Sometimes, listening to music through his head set, he imagined leaving home himself. He'd simply leap from the bedroom window and soar away, pausing only to buzz the Stenquist house on the way out of town.

But then he would feel bad for his mother, knowing someday he would truly go.

As it turned out, he forgot to fix the special box. He came home from school one day in mid-October to find Juanita stretched out on a pile of dirty laundry on his closet floor. Attached to her side were four damp black and white kittens, no larger than mice. He squatted down to watch them, surprised at his awe.

The cat had pushed aside an athletic sock and a pair of shorts that had gotten bloodstained, and had made a new bed out of other clothing. Daniel reached into the closet to pick up some things before his mother got home and saw the mess, but Juanita growled and he withdrew his hand.

The kittens stirred. The largest one, white, looked like "Old Despicable." In a year, no doubt, he would be just as big and just as horny.

To Daniel's relief, his mother was not cross. "Good for you, old girl!" she exclaimed to Juanita. She told Daniel where to find an old blanket to sub-

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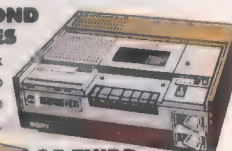


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stitute for his laundry as soon as the cat would let him. Then she said, "They're all yours, buddy," and went downstairs to get dinner.

So he endured them. He'd have been a monster not to admit they were cute. Once on the way home from school his friend Hersh stopped in to watch them. He wanted to know what Daniel had named them. Daniel had determined not to name them, since naming implied ownership, and he was only the custodian. But when Hersh asked, he answered. Their names, he said, making them up on the spot, were: Despicable Jr., Jason's Folly, Sweet Sue—and Fat Fanny, after his mother, who hated her name.

"You checked out the sexes?" Hersh asked.

"I just know," Daniel said.

As he had suspected, naming them made a difference. This came home to him on the very next morning. The one on his pillow, Jason's Folly, had something wrong with his eyes. There was a grey film over the eyeballs. The same was true of Sweet Sue. That evening he noticed that those two nursed only briefly. They were off their feed.

For an instant it occurred to him that the whole litter could sicken and die, and he was simply glad. Then he was filled with guilt.

When his mother left for work the next morning, he phoned the vet, the place where Charles got his shots, and described the symptoms. They offered him an appointment at 3:30 that day.

Once home from school he lowered the two kittens into a paper bag and fit that gently into the tool kit behind the seat of his bike. He could hear them scratching and crying, but the trip would be short—only three miles.

The vet was a slim woman in carpenter pants and a white coat. She scooped up the kittens and handled them in a rough but not unkindly way, pronounced Jason's Folly a girl and Sweet Sue a boy, diagnosed their problem as a virus common to kittens, gave them each a deft shot in the rump, produced an eye dropper and a bottle of something from a cabinet ("This is for the eyes"), produced another dropper and a bottle of vitamin fluid ("This is for the mouth"), and sent Daniel back to the front desk. There he was handed a bill for \$40. He was stunned.

"Immediate payment is the preferred procedure," said the girl at the desk.

He needed a second to get that straight.

"You mean you want the money now?"

"Shall I bill this to your parents?"

"What? No, no." He had \$10 in his wallet. "Will you take a down payment?" he asked. The girl smiled and said yes.

On the way home, a sinking in his gut, he kissed his entire savings goodbye.

He was repaying Jason double.

Juanita met him at the bedroom door, her pupils like two black needles. "It's all right, old girl," he said. He knelt to let the kittens stagger from the bag. They skittered across the floor to her, mewing frantically. She began to lick them, hard, as if mad at them for taking off.

Then she stopped. She sniffed. She sniffed Jason's Folly, sniffed Sweet Sue, the floor, Daniel's shoes and hands. The kittens ran for her again. She retreated, backing and hunching. Now all four advanced on her, begging for food. She hissed. The babies paused, heads cocked, hearing a new language. The cat eyed them warily. Then Jason's Folly lunged forward, demanding dinner. She shot out a paw and knocked her down.

"Hey! Cut that out!" Daniel yelled.

She did it again. Each time a kitten approached her she struck it, hissing, showing her teeth. "Beast!" shouted Daniel. She dove for the door and he opened it, shoving her out with his foot.

"She'll come back," he said to the kittens. He gathered them up in his hands. They climbed all over him, their claws pricking, filling his ears with their tiny shrieks, sucking at his fingers. He removed them like burrs and backed to the door. They followed, attaching themselves to his jeans. He shook them off, more violently than he meant to. As the door opened, one scooted out into the hall, then another. He tossed them into the room and just barely shut the door before they rushed him again. He was almost in tears and his mother had come home.

He could hardly eat dinner. Halfway through the meal Juanita mewed for food. With resentment, he fed her. When she left her dish and sprang up the stairs, he followed. But once on the second floor she went to his mother's room.

He picked her up firmly and brought her to the door of his own room. Behind it the kittens were crying pitifully. Juanita struggled. "You're going to feed your kittens," Daniel whispered fiercely. She became a mass of powerful muscle, dug through his sweater with her hind claws and streaked downstairs and under the sofa.

Now he was truly confounded. That evening his mother went out, which gave him freedom to experiment. He brought a bowl of warm milk to his room, set it on newspapers and touched the kittens' noses to it. One by one they shook the milk from their faces and ran back to climb his legs. "Lap it! Lap it!" he urged. Fat Fanny reached up with both paws and tipped over the bowl. Milk flooded the newspapers. Before he could clean it up, Fanny and Jason had wallowed in it and were soaked. He swore in desperation and left the room.

Juanita spent the night outdoors. She did not appear until 6:00 A.M. Daniel, who had been awakened a dozen times

in the night by her wandering, wailing babies, was lying on the sofa when she scratched at the door. Wretchedly sleepy, he admitted her. She wanted breakfast. He broke an egg into her dish and added milk and with it lured her up the stairs. With one motion he opened the door, set down the bowl, shoved the cat in with his foot and shut the door. He could hear her hissing in there, again, then again. In a moment he released her.

The kittens, of course, had spilled the milk and egg. They were slipping about in the mixture on the carpet, shaking their paws. He got a towel and tried to clean up the mess. The rug was ruined.

They could not live without food. He thought they might be dead even by the next afternoon. But when he got home from school they were livelier than ever, maybe crazed. He laughed and groaned when he saw them. Their fur was clotted and egg clung to their whiskers and eyebrows.

He sat on his bed, appalled at their helplessness—at his own. He wished intensely that he could turn himself into a mother cat, the only possible way to meet their needs. Sweet Sue climbed to his shoulder and probed under the neck of his shirt, searching for the care he had no way to give. The animal's abandoned state hit him full force and now he cried, muffling the sounds, though there was no one to hear but the kittens.

There was one last possibility. Quickly, before his mother got home, he called the SPCA and told his story to the man on the line.

"Mother cats do that sometimes," the man said. "It's pretty hopeless. You'll have to feed them with droppers—or do you want us to put them to sleep?"

"Sleep?...You mean kill them?" Daniel asked. "No. No, I won't do that," he said emphatically. To decide otherwise was beyond him. He understood that now.

So he put down clean newspapers and brought more milk, in a pie pan, which was less apt to tip over. He hoped that while he fed one with a dropper, the others would lap at the pan.

But the kitten in his lap would not hold still and the others kept dipping their paws into the milk. In a moment, Despicable was inside the pan, lying down.

The pan offered warmth, Daniel realized suddenly. They missed the heat of Juanita's body. He found the heating pad and turned it on in his closet. Immediately three kittens curled up on top of it. Despicable remained in the pan.

In that manner several days passed. Everything in his life that had been important took on a vagueness—track, music, a glimpse of Susan between classes, maintaining his fragile A in math. The kittens were always on his mind. Each day he expected to find them dead.

One evening his mother broke a rule and brought the TV set into the kitchen,



Applesauce Glazed Pork Roast

(Makes 10 to 12 servings)

- 4 to 5 pound boneless Pork Loin Roast (double loin, rolled and tied)
- 1½ cups applesauce
- ¾ cup red currant jelly
- 4 teaspoons Wyler's® Beef-Flavor Instant Bouillon or 4 Beef-Flavor Bouillon Cubes
- ¼ teaspoon ground allspice

Insert meat thermometer so bulb is in the center of the thickest part of roast. Place roast on rack in shallow pan. Roast at 325° uncovered about 2½ hours or until meat thermometer registers 170°. Meanwhile, in saucepan, combine remaining ingredients. Cook and stir until bouillon dissolves, about 5 minutes. Baste roast with about one third of sauce during last 30 minutes of roasting. Serve remaining sauce warm with meat.

Swiss Broccoli Casserole

(Makes 6 servings)

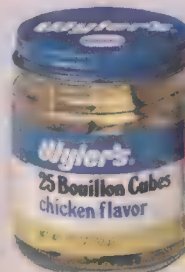
- 2 packages (10-ounce ea.) frozen broccoli spears, cooked and drained
- 3 hard-cooked eggs, sliced
- 1 can (10¾-ounce) condensed cream of celery soup
- ½ soup can or ½ cup milk
- 1 can (3-ounce) Durkee Real French Fried Onions
- ½ cup (2 ounces) shredded Swiss cheese

Thoroughly combine soup and milk. Arrange broccoli in an 8X12-inch baking dish. Layer eggs, ½ can French fried onions, soup mixture and cheese over broccoli. Bake at 350° 25 minutes. Top with remaining onions. Bake 5 minutes longer.

Easter Pork Banquet

SPECIAL with Wyler's® Bouillon and Durkee Real French Fried Onions

- **Wyler's® Bouillon, Instant or Cubes:** The easy to use, economical ingredient that adds delicious full bodied flavor to meats, poultry, casseroles, soups and stews. Available in a variety of flavors. Wyler's® Bouillon...the great flavor builder.
- **Durkee Real French Fried Onions:** Makes every meal special with a delicate, luscious crunch. Great in casseroles, main meals, salads, burgers...
- **Delicious Roast Pork:** Leaner, with fewer calories and more protein than ever—that's today's Pork. Vary your menus with Pork roasts, chops, hams, steaks and ribs, because now more than ever Pork's a buy.



to watch as they ate. Daniel guessed she had given up on conversation. The six o'clock news began with scenes of starving South Asian children. He put down his fork. His mother reached over and turned off the set.

"All right, Daniel," she said. "What's up? Something's wrong with the kittens, right? Has Juanita rejected them?"

Rejected? The word startled him, as if it were the name of a disease that was, after all, not uncommon.

"Won't feed them," he mumbled. "Won't go near them. Zilch."

"Really? How dreadful! What happened?"

With the blue flame of disapproval directed safely at Juanita, he felt free to explain. When his mother shook her head sadly, he offered to show her the room.

It was worse than he'd thought, seeing it through her eyes. The smell of sour milk and excrement was choking. The kittens were matted over their entire bodies and moved about awkwardly. Fanny dragged a piece of newspaper that had stuck to her belly.

He thought his mother would insist that they be gassed immediately. She sat on the edge of his bed, her face hardening into what Jason called her "gritty look." Oh boy, here it comes, thought Daniel.

She fooled him. "This is going to take the two of us," she said. "You can't do it alone."

They shut the kittens in the bathroom, balled up the newspapers, rolled up the rug to be cleaned, vacuumed, washed the floor, and made the bed with clean sheets and blankets. Then they tackled the closet.

"Good thinking, Daniel," said his mother. She held up the heating pad. "That's the idea—to simulate the mother. Now, are you ready to make the formula?"

"The what?"

"Whole milk is too strong for them."

"Oh." Daniel wanted to climb into that clean smooth bed, but he went to the kitchen and mixed the formula by her specifications, two-thirds water to one-third canned milk, and brought it in a cup and a plate. They set up a feeding station in the bathroom, rotating the kittens. While Daniel controlled three at the edge of the plate, his mother fed the fourth with the dropper. It took a full hour.

"And now the baths," she said. She began to draw water into a basin in the tub.

"Are you going to dunk them?" Daniel asked. "Wait. You can't. Cats hate water."

"Trust mother wit."

He groaned, but knelt beside her at the tub. Slowly, slowly they lowered Despicable into the warm water, up to his chin. To their amazement he relaxed and began to purr.

It took several minutes to loosen the

matting. "But we can't get their faces clean without drowning them," said Daniel.

"A rough washcloth will feel like a cat's tongue," his mother answered. "In fact, I once heard that if kittens are not rubbed, they don't develop properly. That's why the mother's tongue is so important."

It occurred to Daniel that Despicable understood that. He was not resisting. They rinsed him in clean water and rolled him in a towel. He shut his eyes and yawned.

When they had cleaned each one they made a bed for them in the bathroom. Daniel slept through the night for the first time since the birth.

For two weeks that was how it went—evening the long feedings followed

by the baths. Sometimes they got silly. Once Daniel's mother asked, out of the blue, "What's this kitten's name?" She was kneeling at the tub, holding one in the water. "Fat Fanny," said Daniel, surprising himself, and his mother's laughter echoed on and on inside the tub.

When the litter was five weeks old, Daniel brought home a can of kitten food. They ate it without hesitation, standing politely outside the plate. Afterwards, Sweet Sue turned to Fanny and washed her face. "Guess what," said Daniel to his mother. "Sweet Sue is not going to be a helpless male."

In another week they were gone, given away. Hersh took Jason's Folly, Sue went to Daniel's math teacher and Fanny to his mother's boss. They kept Despicable for themselves. ■

Crunch!

Presto® FryDaddy® deep fryer adds a crisp, crackling crunch to food. Mess-free, easy, automatic.

Four big servings with only four cups of oil. A real money saver.

Perfect frying temperature every time for food that is crisp outside, tender inside, without guessing.

Non-stick, non-porous surface inside and out for easy cleanup.

Just wipe clean.

Only Presto offers a choice of deep fryer sizes with all these features: FryBaby®, FryDaddy®, or GranPappy®.

Buy Presto and get the crisp, crackling crunch without the mess and guess of ordinary fryers.

PRESTO®



FURNITURE CLASSICS

Shown on pages 88-91

HERITAGE HUTCH/From page 89

CUTTING DIRECTIONS:

CODE	PIECES	SIZE
A	2 $\frac{3}{4}$ " ply.	$\frac{3}{4}$ "x16"x78" Sides
B	1 $\frac{3}{4}$ " ply.	$\frac{3}{4}$ "x11 $\frac{1}{4}$ "x40 $\frac{1}{2}$ " Top
B1	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x11 $\frac{1}{4}$ " Top cleats
C	1 $\frac{3}{4}$ " ply.	$\frac{3}{4}$ "x11 $\frac{1}{4}$ "x40 $\frac{1}{2}$ " Counter back
C1	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x14 $\frac{1}{2}$ " Counter cleat
C2	1 (1x6)	$\frac{3}{4}$ "x5 $\frac{1}{2}$ "x42 $\frac{1}{2}$ " Counter front
D	1 (1x3)	$\frac{3}{4}$ "x2 $\frac{1}{2}$ "x40 $\frac{1}{2}$ " Ledger
E	1 $\frac{3}{4}$ " ply.	$\frac{3}{4}$ "x15 $\frac{1}{4}$ "x40 $\frac{1}{2}$ " Bottom
E1	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x40 $\frac{1}{2}$ " Bottom cleats
E2	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x12 $\frac{1}{4}$ " Bottom cleats
F	2 (1x12)	$\frac{3}{4}$ "x11 $\frac{1}{4}$ "x40 $\frac{1}{2}$ " Shelves
G	1 $\frac{1}{4}$ " ply.	$\frac{1}{4}$ "x40 $\frac{1}{2}$ "x74 $\frac{3}{4}$ " Back
H	1 (1x3)	$\frac{3}{4}$ "x2 $\frac{1}{2}$ "x42" Trim
J	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x39 $\frac{1}{2}$ " Trim
K	1 (1x6)	$\frac{3}{4}$ "x43 $\frac{3}{4}$ "x42" Door frame
K1	1 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x42" Door frame
K2	2 (1x3)	$\frac{3}{4}$ "x2 $\frac{1}{2}$ "x30" Door frame
L	4 ($\frac{1}{2}$ x3)	$\frac{1}{2}$ "x2 $\frac{1}{2}$ "x29" Stile
L1	4 ($\frac{1}{2}$ x3)	$\frac{1}{2}$ "x2 $\frac{1}{2}$ "x13 $\frac{3}{8}$ " Rails
L2	6 ($\frac{1}{4}$ " ply.)	$\frac{1}{4}$ "x random widths x 29" Door backs
M	1 (1x3)	$\frac{3}{4}$ "x2 $\frac{1}{2}$ "x5" Door stop
N	1 (1x2)	$\frac{3}{4}$ "x1"x2 $\frac{1}{2}$ " Latch

FC WORKSHOP HINTS:

1. Study the drawings carefully. The parts are labeled in the sequence of construction, assemblies are lettered with a number following the letter (example—Hutch counter back (C) parts are (C1, C2).
2. Check dimensions carefully, then make paper patterns of parts to be cut from plywood for accuracy, economy and cleanliness.
3. Use the cutting directions as a reference for parts sizes, but do not cut the parts all at once. Cut the parts as you progress with the project, checking the size of each part against your construction before cutting.
4. In the cutting directions when you see numbers in parentheses (1x8), it means the part is cut from that nominal size lumber.
5. All parts are glue/nailed. Use small nails for thin pieces, larger nails for hefty pieces.
6. Don't cut on the marked line, but cut on the side you will discard. This reduces the possibility of cutting the needed part too short.
7. When clamping always protect the surface being clamped with scrap wood or cardboard.
8. To prevent splitting when planing end grains, clamp scrap pieces on each side of the piece being planed.
9. A rope tourniquet can be substituted for clamps. Use scrap wood to protect edges.
10. When tracing a pattern on wood, do not use carbon paper or indelible markers. It can be difficult to remove before staining. Use graphite paper, obtainable at an art store, or simply rub the back of tracing paper with a soft lead pencil.
11. If identical parts are to be shaped or notched, clamp and cut them together to insure identical cuts and shapes.

DIRECTIONS: See FC Workshop Hints below left.

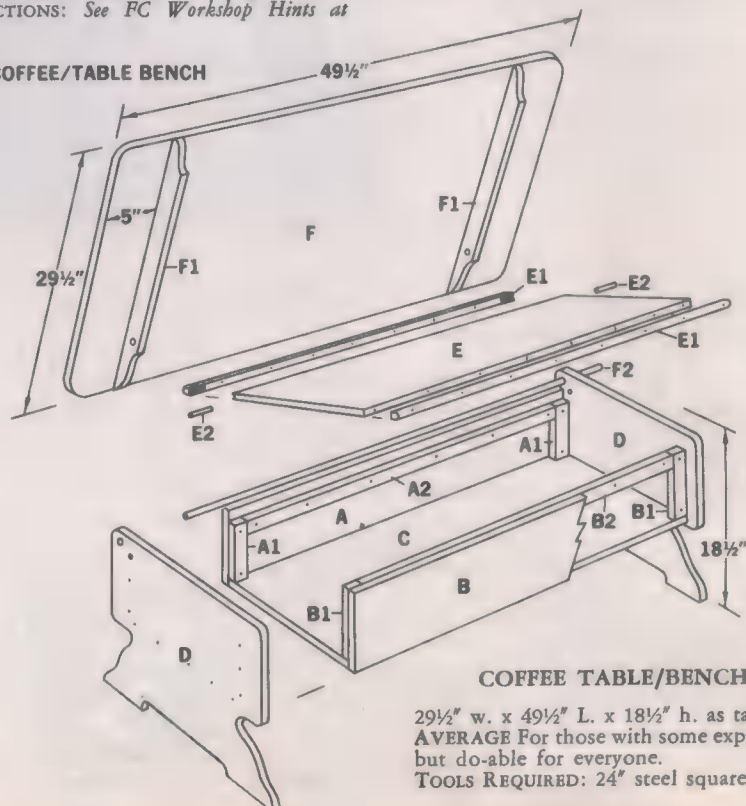
1. Cut the plywood sides (A) to shape (see FIG. 1 on page 89 for cut out measurements).
2. Make the assemblies: Top (B/B1); counter (C/C1/C2); bottom (E/E1/E2), using glue and 3d nails. The counter front (C2) is 1" wider at each end than C. The cleat (C1) is flush with the edges of C. The bottom cleats (E1/E2) are assembled with glue and 8d finishing nails. The bottom is glue/nailed to the cleats with 3d nails.
3. To assemble: Glue/nail the sides (A) to the top (B/B1) cleats, flush at the top and front edge of A, using the 2" W.H. nails. Glue/nail (2" W.H.) the bottom (E/E1/E2) to the sides (A), flush at the front and 4 $\frac{3}{4}$ " from the bottom of A to the top of E. Glue/nail (4d fin. nails) ledger (D) between sides (A) (see FIG. 1 on page 89). Glue/nail counter (C/C1/C2) between sides (A) with C2 resting on and overlapping the cut out in A/A. Use 2" W.H. nails at sides and cut nails through C2 into A and D.
4. The back (G) is nailed (2d) to the top, shelves, counter and bottom.
5. Nail trim H and J in place flush with the outside edges of A and B1.
6. Assemble the door frame (K/K1/K2) with 8d finishing nails and glue (see FIG. 1 detail on page 89 for K cutouts). Before cutting the notch in K for K2 check the width of the lumber you will use for K2. Glue/nail (4d) to A, D and E/B1.
7. The Doors: Glue/nail (8d) the stiles (L) and rails (L1) to form the individual door frames. What is left of the $\frac{1}{4}$ " plywood panel is ripped along the pine face seam lines. These pieces, butted edge to edge, are used for the backs (L2) of the doors, glue/nailed with 2d finishing nails. The hinges are attached with 2d W.H. nails, clinched (bent over) at the back. A stop (M) and a latch (N) are cut from scrap.

The small squares in the art are W.H. nails and the dashes are cut nails. Set and fill only the finishing nails. Sand and stain.

TAVERN TABLE/From page 91

DIRECTIONS: See FC Workshop Hints at left.

FIG. 3 COFFEE/TABLE BENCH



Carlton is lowest.



Box or Menthol:

10 packs of Carlton have less tar than 1 pack of...

	Tar mg./cig.	Nicotine mg./cig.
Kent	11	0.9
Kool	16	1.3
Marlboro Lights	12	0.8
Merit 100's	10	0.7
Virginia Slims	16	1.0

	Tar mg./cig.	Nicotine mg./cig.
Benson & Hedges Lights 100's	11	0.8
Pall Mall Light 100's	10	0.8
Salem Lights	11	0.8
Vantage 100's	12	0.9
Winston Lights	14	1.1

Carlton Box—lowest of all brands.

Less than 0.01 mg. tar, 0.002 mg. nic. Carlton Menthol—Less than 1 mg. tar, 0.1 mg. nic.

Box: Less than 0.01 mg. "tar", 0.002 mg. nicotine av. per cigarette
by FTC method. Soft Pack: 1 mg. "tar", 0.1 mg. nicotine;
Menthol: Less than 1 mg. "tar", 0.1 mg. nicotine
per cigarette, FTC Report Dec. '79.

**Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.**

cut hand saw and coping saw, or saber and circular power saws; hand or electric drill; screwdriver; claw and tack hammer; hand sanding block or power sander, sandpaper.

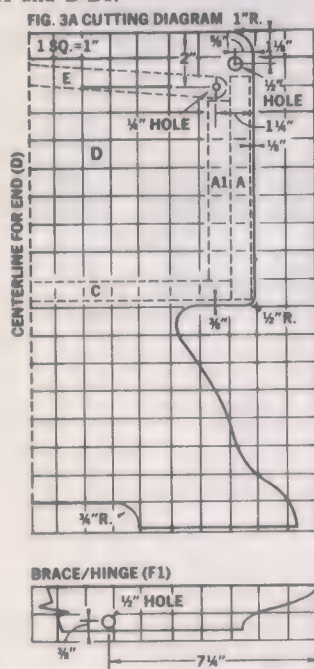
MATERIALS: Plywood—one $\frac{3}{4}$ "x4'x8' BB-INT-APA or better grade plywood; Lumber—1x2x10' fir strip; 1x2x6' birch or maple hardwood strip; $\frac{1}{4}$ " dia. x 6", $\frac{1}{2}$ " dia. x 48" hardwood dowels; $\frac{3}{4}$ " half-round x 6'; Hardware— $\frac{3}{4}$ " wire nails; 6d finishing nails; #9-1 $\frac{1}{2}$ ", #10-1 $\frac{1}{2}$ " F.H. wood screws; filler; glue; antique finish-ing kit.

CUTTING DIRECTIONS:

CODE	PIECES	SIZE
A	1 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x8"x35 $\frac{3}{4}$ " Side
A1	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x6 $\frac{1}{2}$ " Cleats
A2	1 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x32 $\frac{3}{4}$ " Ledger
B	1 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x8"x35 $\frac{3}{4}$ " Side
B1	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x7 $\frac{1}{8}$ " Cleats
B2	1 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x32 $\frac{3}{4}$ " Ledger
C	1 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x14 $\frac{1}{4}$ "x35 $\frac{3}{4}$ " Bottom
D	2 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x17 $\frac{3}{4}$ "x18 $\frac{1}{2}$ " Ends
E	1 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x14 $\frac{1}{4}$ "x35 $\frac{3}{4}$ " Seat
E1	2	$\frac{3}{4}$ " half-round x 35 $\frac{3}{4}$ " Trim
E2	2	$\frac{1}{4}$ " dia. x 3" Seat hinge dowels
F	1 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x29 $\frac{1}{2}$ "x49 $\frac{1}{2}$ " Top
F1	2	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x29 $\frac{1}{2}$ " Top brace hinge
F2	1	$\frac{1}{2}$ " dia. x 43 $\frac{1}{2}$ " Top hinge dowel

DIRECTIONS: See *F. C. Workshop Hints* on page 120.

1. See FIG. 3A for ends (D) plywood cutting diagram. Cut out and sand the plywood parts. With glue and #9-1 $\frac{1}{2}$ " F.H. wood screws, attach cleats (A1) and ledger (A2) to side (A) (see FIG. 3). A1 are attached flush at the ends and $\frac{3}{4}$ " up from the bottom edge of side (A). Repeat for side (B). Glue/nail the bottom (C) to the side assemblies in the notch formed by A-A1 and B-B1.



2. Drill the dowel holes in ends (D) (see FIG. 3A). Make a mark 1 $\frac{1}{8}$ " down from the top on each side of ends (D). Glue/nail the ends (D) to the sides A and B at these marks. Ends (D) should overlap the sides $\frac{1}{16}$ " on each side.

3. Glue/nail ($\frac{3}{4}$ " wire nails) half-rounds (E1) to each long edge of seat (E). Drill a $\frac{1}{4}$ "x2 $\frac{1}{4}$ " hole centered over the joint of E and E1. Place the seat (E) on the ledger (A2) and insert the dowels (E2) through the ends (D).

4. With #10-1 $\frac{1}{2}$ " F.H. wood screws attach

the brace/hinge (F1) to the underside and 5" from each end of the top (F). Screw through F into F1. Sink the screws below the surface and fill. Place the top in position on the base and insert the dowel (F2). Set, fill and sand nail holes. Apply the antique finish according to the manufacturer's instructions.

CORNER CABINET

46" w. x 86" h. x 22 $\frac{1}{2}$ " L. when free-standing.

CHALLENGING Requires more effort, but rewarding for everyone.

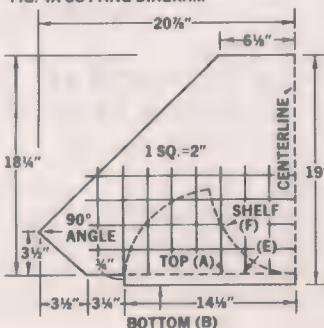
TOOLS REQUIRED: 24" steel square or combination square; backsaw and miter box; crosscut hand saw and coping saw, or saber and circular power saws; screwdriver; hand or electric drill; claw and tack hammer; carpenter's level; hand sanding block or power sander; sandpaper.

MATERIALS: Plywood—B-B INT. grade 1 $\frac{1}{2}$ panels $\frac{3}{4}$ "x4'x8', one $\frac{1}{2}$ "x4'x8', one $\frac{1}{4}$ "x28"x28", one $\frac{1}{8}$ "x12"x86"; Lumber—1x2x20', 1x3x20', 1x8x15', $\frac{1}{2}$ "x2 $\frac{1}{2}$ "x9'; Molding— $\frac{1}{16}$ "x3 $\frac{1}{4}$ "x14' crown, $\frac{1}{8}$ "x2 $\frac{1}{4}$ "x9' solid crown, $\frac{3}{8}$ "x3 $\frac{1}{4}$ "x8' glass bead; 1 pc. $\frac{1}{4}$ "x $\frac{7}{8}$ "x28" lattice; Hardware— $\frac{1}{2}$ " wire nails; 3d, 4d, 6d finishing nails; two 2 $\frac{1}{2}$ " brass hinges with screws; one 1 $\frac{1}{4}$ " brass cabinet door knob; magnetic catch; glue; filler; antique finishing kit.

CUTTING DIRECTIONS:

CODE	PIECES	SIZE
A	1	$\frac{3}{4}$ "x19 $\frac{1}{8}$ "x42" Top
A1	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x5 $\frac{1}{4}$ " Cleat
A2	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x19" Cleats
A3	1 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x32 $\frac{3}{4}$ " Cleat
A4	1 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x28 $\frac{1}{4}$ " Cleat
B	1 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x19 $\frac{1}{8}$ "x42" Bottom
B1	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x5 $\frac{1}{4}$ " Cleats
B2	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x19" Cleats
B3	1 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x28 $\frac{1}{4}$ " Cleat
C	2 ($\frac{1}{2}$ " ply.)	$\frac{1}{2}$ "x22"x86" Backs
D	2 (1x8)	$\frac{3}{4}$ "x6 $\frac{1}{2}$ "x86" Sides
E	1 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x18 $\frac{3}{8}$ "x42" Shelf
E1	1 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x32" Door stop
E2	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x5 $\frac{1}{4}$ " Cleats
E3	2 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x19" Cleats
F	3 ($\frac{3}{4}$ " ply.)	$\frac{3}{4}$ "x18 $\frac{3}{8}$ "x42" Shelves
G	2 (1x3)	$\frac{3}{4}$ "x2 $\frac{1}{2}$ "x86" Vertical frames
H	2 (1x3)	$\frac{3}{4}$ "x2 $\frac{1}{2}$ "x33 $\frac{3}{4}$ " Top/bottom frames
J	1 (1x2)	$\frac{3}{4}$ "x1 $\frac{1}{2}$ "x28 $\frac{1}{4}$ " Shelf trim
K	1 ($\frac{1}{8}$ " ply.)	$\frac{1}{8}$ "x12"x86" Back
L	2	$\frac{1}{16}$ "x3 $\frac{1}{4}$ "x81" Crown vertical moldings
M	4	$\frac{1}{8}$ "x2 $\frac{3}{4}$ "x7 $\frac{3}{8}$ " Solid Crown top/bottom moldings
N	2	$\frac{1}{8}$ "x2 $\frac{3}{4}$ "x35" Solid crown top/bottom moldings
O	1 ($\frac{1}{4}$ " ply.)	$\frac{1}{4}$ "x28"x28" Door
O1	2 ($\frac{1}{2}$ "x3")	$\frac{1}{2}$ "x2 $\frac{1}{2}$ "x28" Door stiles
O2	2 ($\frac{1}{2}$ "x3")	$\frac{1}{2}$ "x2 $\frac{1}{2}$ "x23" Door rails
O3	2	$\frac{3}{8}$ "x $\frac{3}{4}$ "x23" Door moldings
O4	2	$\frac{3}{8}$ "x $\frac{3}{4}$ "x23" Door moldings
P	1	$\frac{1}{4}$ "x $\frac{7}{8}$ "x28" Door shim

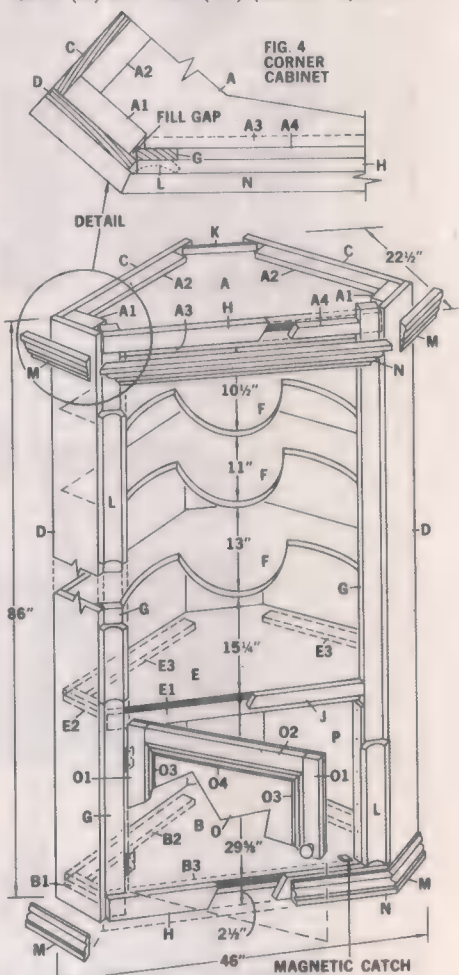
FIG. 4A CUTTING DIAGRAM



DIRECTIONS: See *F. C. Workshop Hints* on page 120.

1. See FIG. 4A plywood cutting diagram. Make patterns of the parts and trace on plywood panel. Cut and sand parts. Note that the bottom (B) is notched for vertical frame (G).

2. Make the assemblies, top (A), shelf (E) and bottom (B) by glue/nailing (3d) the cleats to the plywood (see FIG. 4). Cleat (A3) is nailed on edge to the underside of the front of A. The same is true for shelf (E) and cleat (E1) (see FIG. 4).



3. Glue/nail (4d) sides (C) to the assemblies A, E and B. A with cleats flush at top. The top of the plywood bottom (B) 2 $\frac{1}{2}$ " from the bottom ends of sides (C). The top of shelf (E) 29 $\frac{1}{2}$ " from the top edge of B. Glue/nail (4d) sides (D) to A1 and B1. Use 3d nails to nail D to C. Glue/nail (3d) shelves (F) in position (see FIG. 4). Glue/nail (4d) the vertical frames (G) to the assemblies and shelves and butted against sides (D). Glue/nail (3d) cleat (A4) to A/A3 between vertical frames (G), flush with top (A). Glue/nail top and bottom frames (H) to top (A) and bottom (B). Glue/nail shelf trim (J) to and flush with E. Slide back (K) through the slot created by sides (C) then nail the back to the top, bottom and shelves. Glue/nail moldings (L) to G butted against D. Glue/nail moldings (M) and (N) to top and bottom of cabinet. Nail ($\frac{1}{2}$ " wire nails) door shim (P) to G.

4. To assemble the door, glue/nail ($\frac{3}{4}$ " wire nails) stiles (O1) and rails (O2) to plywood back (O) through O into O1 and O2. Glue/nail $\frac{3}{4}$ " wire nails) moldings (O3) and (O4) to O and O1 and O2. Attach hinges; attach door to (G). Attach magnetic catch. Set and fill nails and sand. Apply antique finish, following manufacturer's directions.



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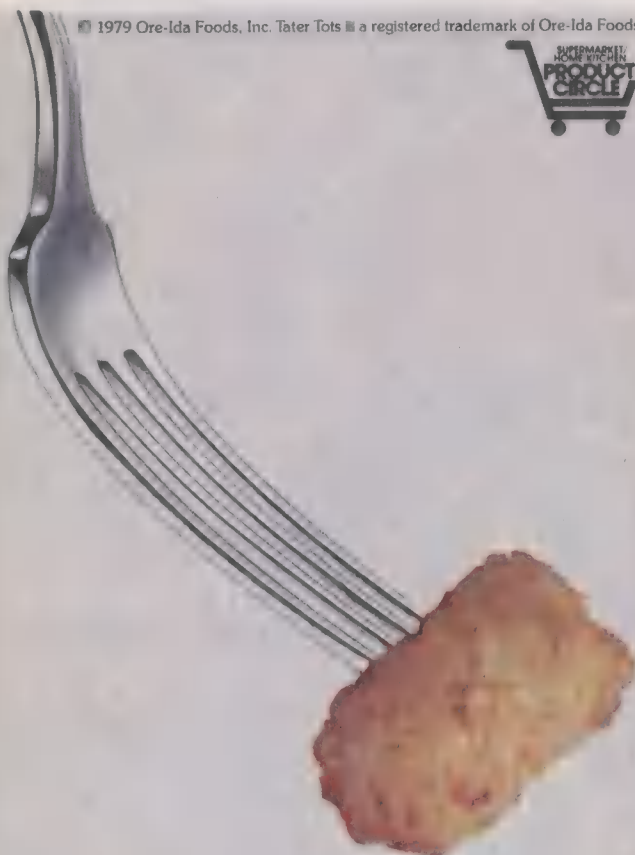
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FRAN'S BABY

From page 73

feeling in her legs and arms. "All I wanted to do was get better," Fran says. "I was worried about my wedding and whether I would get out of the hospital by September. I wasn't even thinking that I couldn't walk or move my arms."

The doctors encouraged her to exercise the muscles she could move. "They told me the more pain I had, the better off I was. Most of the time, I couldn't sleep. It felt like all my nerve endings were on fire."

In late August, Fran was transferred to the Institute of Rehabilitation Medicine (IRM) in New York City to begin an intensive program of physical therapy. "Just before I was to go, my mother talked with me about the wedding—she suggested postponing it. I became a little irrational. Here I was lying on my back saying, 'What do you mean? I'm getting married!' I had spent so much time, over a year, planning my wedding day. But, reluctantly, I gave in."

Paul visited Fran every day. "I don't know what I would have done without him," Fran now says. He would read stories to her and passages from the Bible, and invented games to play. "One of the things that made me love him even more was that he would brush my teeth," Fran says, smiling. "I had such bad breath from all the medication. Then when he finished, he would give me lots of kisses."

It was during her first week at IRM that Fran learned the shocking truth about her condition. A doctor she had never seen before walked into her room and blurted: "Fran, you're a quadriplegic. You'll never walk again. You can never marry. You can never have sex. And you can never have children." Then he turned and left.

Fran lay stunned. "My first thoughts were shock, disbelief. That doctor didn't even know me. I thought he had the wrong person." But the doctor was right about one thing: Fran was paralyzed—completely from the waist down and partially from the neck down—and would remain so.

"There are several stages you go through when you realize you're going to be handicapped for life," Fran explains. "First

there is disbelief. It's kind of an eerie time when you don't want to admit it. That disbelief then turns to anger. First it's the anger of knowing the answer. You have to admit to yourself you're not getting better. But then you turn that anger on yourself and use it to regain your health."

IRM brought Fran through each of these stages with its program of teaching patients to regain as much use of their muscles as possible. "I used to be left-handed, but the most movement I have is in my right hand and wrist, so I had to make that side stronger," Fran says. "The most important thing was learning how to put on my makeup so I wouldn't look like a slob. I wanted to look good for Paul. Looking good makes me feel good. I couldn't control my legs and arms, so my face was about the only thing I could control."

What motivated Fran to keep going, in spite of the extent of her paralysis, was her abhorrence of self-pity. "I have a basic philosophy that things happen for a reason. I don't know why God let this happen to me. Maybe it's to show other people with problems that they can make it, too."

In October, Fran was transferred to the Kessler Institute in New Jersey, another rehabilitation hospital closer to her home. Because her breathing and endurance functions had improved tremendously since the accident, Fran made exceptional progress at Kessler.

As the months passed and it appeared Fran would be allowed to go home, the wedding was her primary concern. She had witnessed the break-up of relationships due to handicaps while in the hospital and wondered if Paul still felt the same about her and about marriage.

"I thought long and hard about it, what it would be like," Paul admits. "And I also thought about what it would be like not to have Fran in my life. The accident definitely added complications and caused many more difficulties, but it still wasn't a good enough reason, in my mind, not to get married. My philosophy is that there are problems in everyone's life. With Fran, I knew what I had. I loved her and had waited a long time before she agreed to marry me. I knew I couldn't leave her. I enjoyed being with her."

"Also," Paul continues, "I had spent so much To page 127

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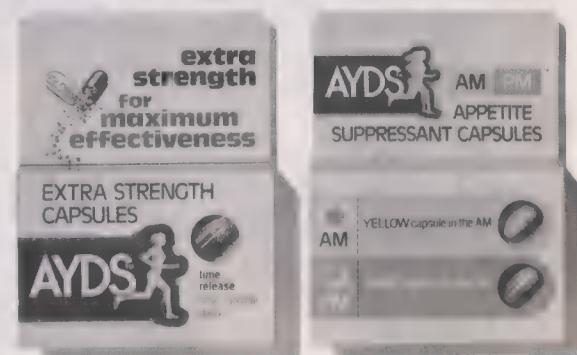
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time with Fran, learning how to transfer her to a car, helping her dress and monitoring her bodily functions. I knew the reality of what we were up against and I was really trained to take care of her."

For Fran, this period of deciding whether to marry was the most emotionally trying time. "I loved Paul so much," she explains. "But I also knew what being a quadriplegic meant. It was so discouraging. Things got so bad, I even contemplated suicide so I wouldn't be a burden to him."

Also, her memories of the warnings given by the doctor at IRM contributed to her anxiety. But something happened to change all that. Fran and Paul had a talk with Fran's doctor at Kessler. "I asked him about my capabilities, my life expectancy and if I could have children," Fran says. "He told me I could live a fairly normal, healthy life if I were careful."

"Careful" for Fran means keeping warm in winter. Because she can't feel heat or cold from the neck down, she is highly susceptible to colds and viruses. She is also prone to urinary tract and kidney infections, due in part to her catheter which helps keep her bladder empty. "I have to drink three to four quarts of water a day to move wastes through my body," she says.

With these precautions established, Fran's doctor encouraged them to "go out and make a life for yourselves and have children." It was only then that I started to think positively," Fran says.

Almost instantly, Fran and Paul made their decision—they would get married as soon as possible. Paul, who is extraordinarily handy around the house, found an apartment and began turning it into a home for Fran.

On July 20, 1975, Fran, dressed in the wedding gown she had chosen

a year earlier, was wheeled down the aisle by her father. "The wedding had turned into a wonderful, huge event because so many people had helped while I was in the hospital," Fran explains.

After honeymooning in Puerto Rico, Fran and Paul set up housekeeping. "We adjusted to each other well," she says, "although I was frequently frustrated by many things and cried a lot. For the longest time, I wouldn't go to a movie or a restaurant and I avoided the grocery store. But I really loved the theater and finally got angry enough to make myself go."

Through an insurance company settlement (Fran collected on her sister's homeowner's policy), Fran and Paul were able to afford a house in Bergenfield, where she had grown up.

As their lives became more organized over the years, Fran and Paul decided to have a child, something they had always planned. "My major worry," says Fran, "was how we would care for a baby. But then I'm not happy if I'm not worrying."

Within a month of their decision, Fran became pregnant. "People are probably surprised that a quadriplegic has sex," Fran says. "But any healthy paralyzed woman can. I don't have much feeling in the lower part of my body, but for many paralyzed people other parts of their bodies overcompensate for the feeling they've lost. I have a very sexy neck, for example."

For the most part, Fran had an easy pregnancy, easier than most women. "I was very careful with myself. I didn't overdo it," she says.

About halfway through her pregnancy, however, she developed pneumonia and a kidney infection. "I was quite ill, but the doctor kept saying the baby was fine, healthier than I was. On

the other hand, I had been through so much already, I knew I was going to be all right—and I was."

On April 14, 1979 at 2:36 A.M., Robin Vincent Polak was born.

"I knew I was having contractions because I could see my stomach moving. But I couldn't feel them," Fran says. "Every woman I know is jealous because I had such an easy delivery."

"Watching Robin's birth was the most joyous moment in our lives," Paul recalls. "The doctor was ready for all kinds of complications. But there never were any. First I saw the baby's hair, then his face, then the rest of his body slipped out very fast. By then I felt as though I were in a dream, but I remember someone saying 'It's a boy.' He came out gurgling, not even crying!"

Then there were three. "Robin is wonderful. He's good and he's happy," Fran says. "Adding another person to the household is always an adjustment, but we're ecstatic over this one."

The family's routine begins at 6:15 A.M. each day when Paul rises to get ready for work. He makes the coffee, bathes, takes care of Fran's personal needs and changes Robin. Mother and son then spend some quiet time together before the home-health aide provided by Medicare arrives to help Fran around the house for half a day. In the afternoon a mother's helper, or Fran's mother, sister or mother-in-law come over to help with dinner, the laundry and other chores.

Paul, who now has his own plumbing-contracting business, is in the process of converting his home into one that is marvelously efficient for Fran. He converted one bedroom into a huge bathroom with a double sink that Fran can move her wheelchair under. He lowered all the light switches for easy access, installed electrical controls in the bedroom right next to the bed, widened the hallways and converted the back porch into a ramp.

Fran's home may be more convenient, but what's not as convenient is trying to keep up with Robin, an active, inquisitive two-year-old who literally gets into everything. When they are alone, Fran keeps him in check with the use of a harness, and she says she will have to use "psychology" to discipline him as he gets older. "But I've found," she adds, "that Robin knows instinctively that there are some things he can't do with me that he can do with other people. For instance, at a very early age Robin seemed to understand that when Fran let down the side of his crib he had to crawl onto her lap at a certain angle."

When Fran talks about the past few years, she no longer mentions the disturbing times. She's too busy living, wheeling to the park, putting in her backyard garden and caring for her son. "I do miss a few things," she admits, "like making angels in the snow or being able to jump up and give someone a big hug." But these are little things compared with what Fran has gained: a happy marriage, a wonderful son and the precious love of a man who knows the true meaning of "for better or for worse." ■

SPINAL CORD INJURIES

OF ALL HUMAN accidents, one of the most feared and catastrophic is spinal cord injury (SCI), which damages the nerve cells and can lead to permanent paralysis, resulting in either *paraplegia*, the paralysis of both legs and the lower part of the body (due to nerve injury at the chest or lower back level of the spine); of *quadriplegia*, paralysis of the body's four extremities (due to nerve injury at the neck portion of the spine).

Each year there are 7,000 to 10,000 new SCI victims, and it is estimated that there are now 100,000 to 150,000 paraplegic and quadriplegic patients in the United States.

Auto accidents are the leading cause of spinal cord injuries (about 5,300 a year), with motorcycle and motor-scooter accidents becoming increasingly accountable. Falls and rough sports such as football, diving (in shallow water) and skiing also cause many SCIs, as do industrial mishaps.

The young in particular are prone to spinal-injury accidents, with two thirds of such accidents occurring in persons under age 35. And about

78 out of 100 SCI victims are males, due to their engaging in more dangerous sports and occupations.

In most spinal-injury cases, the spinal cord is bruised, not severed. And it's not actually the injury that usually causes paralysis, but rather what scientists call a kind of "self-destruct" process that follows. Recent studies have shown that immediately after injury, the spinal cord appears swollen. But within a few hours, hemorrhaging in the cord occurs, resulting in a swift degeneration of the cord. It is this self-destruction process (irreversible within four to six hours after the initial injury) that is responsible for 80% of all paraplegia and quadriplegia cases.

The medical challenge today is to stop the degenerative process that follows spinal cord injuries, and most research in treating such injuries has been in this area. Meanwhile, emphasis in current treatment continues to be on rehabilitation—training spinal-injured victims to regain as much use of their muscles as possible. —LAWRENCE GALTON

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THE ABC'S OF VITAMINS VITAMIN CONTROVERSY/From page 84

Debate over these questions has been going on for the past 30 years and continues to provoke heated arguments between traditionalists who see the current vitamin mania as hazardous and wasteful and those doctors and scientists who believe that vitamin supplementation is useful and necessary.

The stance of the American Medical Association (AMA) hasn't changed since 1959. It states, "All the nutrients essential to the maintenance of good health in the normal individual are supplied by an adequate diet [that is] one which fulfills the RDA's."

Although the AMA's position is supported by many traditional physicians, a growing number of nutritionists, nutritionally oriented physicians, biochemists and orthomolecular psychiatrists disagree. They feel that because vitamins are often processed, cooked or frozen out of foods our diets cannot provide adequate amounts of the nutrients we need. Moreover, other outside factors, including stress, affect the body's ability to absorb and utilize vitamins. States Willard Krehl, M.D., medical director of the health maintenance program at Jefferson University's New Jefferson Hospital in Philadelphia, "We see significant evidence that suggests latent nutritional inadequacies. Perhaps 30% of the hospital population may have inadequate nutrition which can be helped by supplementation. Many people don't eat a balanced diet. Many need extra nutrients because they're under extraordinary stress, compounded by smoking and alcohol." Dr. Krehl feels that, "A daily multiple vitamin containing the B complex plus iron for women and without iron for men seems a sensible and low-cost way to help insure nutritional adequacy and we see no reason for people not to do this on a general basis."

Most controversial in this debate is the question of megavitamin therapy. Though recent research indicates that vitamins do indeed have therapeutic properties, traditionalists reject this view. Warns Richard Rivlin, M.D., chief of nutrition at Memorial Hospital and New York Hospital-Cornell Medical Center, "In general, megavitamin therapy is wasteful and potentially toxic." C. Wayne Callaway, M.D., director of Nutrition Consulting Services at the Mayo Clinic, adds, "Unless there is a specific disease which is known to be responsive to vitamin therapy, taking more than the RDA's has not been shown to be of any value."

Who's right? No one really knows though in general, opinion seems to be swinging toward a more liberal approach to vitamin usage. The real problem is that conclusive studies on vitamins and their effects are sorely lacking. We still don't know exactly how vitamins work. More studies are needed to determine potential hazards, uncover new effects and confirm promising indications. As Dr. Callaway himself points out, "The titillating thing is that there is some evidence for almost everything that is claimed [about vitamins], but putting that into a perspective that relates to human beings who are otherwise healthy takes a lot more work." On this point, at least, all the experts do agree.—JUDITH GLASSMAN □

NEWS IN VITAMINS/From page 84

And, whereas thiotepa may produce undesirable effects and must be administered through a catheter which is inserted into the bladder, vitamin B₆ is nontoxic and can be taken orally.

American Family Physician: Vol. 17, No. 3, p. 293.

Vitamin C

• **Osteoarthritis.** The most common joint disease, osteoarthritis, involves disintegration of cartilage, exposing the underlying bone in a joint. A few months ago, Edith R. Schwartz and other Boston laboratory animal researchers reported a study done on guinea pigs which, like man, are not able to synthesize vitamin C in their own bodies. When one group of guinea pigs with osteoarthritis of the knee received a high level (150 mgs. daily) of vitamin C while others received a low level (2.4 mgs.), the first group showed far less severe joint cartilage changes.

Report from American Association for Laboratory Animal Science.

• **For iron absorption.** Iron deficiency is a common cause of anemia. While total dietary intake of iron is important, even

more important is how much of the iron is actually absorbed. Recent work by Dr. Sean R. Lynch of the University of Kansas School of Medicine, Kansas City, has shown that 100 milligrams of C daily can increase iron absorption by as much as 40% for regular meat-eaters and by as much as 300% when taken with vegetable meals.

Report to New York Academy of Sciences Symposium, New York City.

Vitamin D

- *For kidney patients.* The FDA has approved the use of vitamin D to promote bone growth and maintenance in patients with bone disease due to kidney failure. In children with kidney failure, the treatment has tripled their rate of growth.

Science News: Vol. 115, page 181.

Vitamin E

- *Chronic cystic mastitis.* Also known as fibrocystic disease, this very common benign disorder causes cyst formation, usually in both breasts, often accompanied by aching, tenderness and breast heaviness. Now, vitamin E promises relief for many women afflicted with this disease. When Dr. Robert London prescribed 600-unit daily doses of vitamin E to 26 women, 10 had a complete clearance of cysts and dramatic improvement in symptoms, while 12 had lesser but still marked improvement, and only four of the women did not respond to the treatment.

Report to the Endocrine Society, Washington, D.C., meeting.

- *Sickle cell anemia.* 450 units of vitamin E given daily for six to 36 weeks has been found to substantially reduce the number of irreversibly sickled blood cells in victims suffering from this inherited disease most prevalent among blacks.

American Journal of Clinical Nutrition: Vol. 33, page 968.

—LAWRENCE GALTON □

SPECIAL VITAMINS/From page 84

even tougher. To help you calm down, try these natural tranquilizers: Tryptophan, 1 tablet (667 mg.), 3 times a day. B complex, 1,000 mg. time release, taken with evening meal.

- *If you live in a major urban area.* Virtually all city dwellers are breathing polluted air. Vitamins are your first defense against potentially hazardous pollutants: vitamin C, 2,000 mg., A.M. and P.M.; vitamin A, 10,000 I.U. daily; vitamin E, 400 to 1,000 I.U. daily.

- *If you drink a lot of coffee.* According to the *British Medical Journal*, if you drink five cups or more daily, you have a much greater chance of having a heart attack than if you don't drink coffee. Pregnant women especially are advised to stay away from caffeine because recent studies link caffeine to birth defects in animals. Take: B complex, 100 mg. (time release), A.M. and P.M.

- *If you're on the Pill.* Women who take oral contraceptives are more likely to be deficient in vitamins B₆ and B₁₂, which may account for common side

effects such as irritability and depression. Supplements indicated are: B₆, 50 mg., 1 to 3 times daily; B₁₂, 1,000 mg. (time release), A.M.; folic acid, 400 mcg. (micrograms) daily; zinc, 50 mg. chelated, 1 or 2 tablets daily.

- *If you have menstrual cramps.* The monthly annoyance of cramps and bloating can be helped by the right supplements. Start one to three days before your period: vitamin B₆, 50 mg., 3 times daily (a natural diuretic); B complex, 100 mg. (time release), A.M. and P.M.

- *If you're going through menopause.* To help relieve hot flashes and other discomforts, try vitamin E, 400 I.U., 1 to 3 times daily; Stress B complex, 600 mg., A.M. and P.M.

- *If you have insomnia.* Counting sheep again? Try this instead: 3 Tryptophan

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(667 mg.) tablets one-half hour before bedtime (take with water or juice).

- *If you're getting—or have—a cold.* Rose hips vitamin C, 1,000 mg., 3 times daily; vitamin A, 10,000 I.U., 1 to 3 times daily (take for 5 days, then stop for 2, repeat); vitamin E, 400 I.U. (dry form), 1 to 3 times daily; water, 6 to 8 glasses daily; 3 acidophilus capsules 3 times daily, or 1 to 2 tablespoons liquid 3 times daily. (This contains lactobacillus acidophilus, which manufactures 11 vitamins in the intestine.)

- *For burns.* To promote healing take: zinc, chelated 50 mg. daily; vitamin C complex, 1,000 mg. with bioflavonoids, A.M. and P.M. Vitamin E, oil or lotion, used topically can help prevent scarring.

- *If you have a stressful week ahead.* Nutritional prevention can make all the difference. Start about three days be-

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fore: Stress B complex, A.M. and P.M.; lecithin granules, 2 tablespoons, or 3 capsules with each meal.

- *Losing your hair?* There's no sure cure for baldness, but this could help you hang on to what you have a lot longer: A multiple-mineral formula with calcium and magnesium, 1 daily; choline and inositol, 1,000 mg. each daily; Stress B complex twice daily; daily jojoba oil scalp massage and shampoo.

- *Too much alcohol?* Hangovers are no fun, but you may avoid them if you take: 1 B complex, 100 mg., before going out, another while you're drinking and one before going to bed. Also drink lots of water.

- *For brittle fingernails.* It is a common misconception that gelatin is a cure for weak nails. Nails do need protein, but gelatin is lacking in two essential ones. Instead try: Multiple vitamin and mineral complex, 1 daily; B complex, 100 mg. (time release) 1 daily; vitamin A, 10,000 I.U., 1 daily for 6 days a week; vitamin E, 100 to 400 I.U., A.M. and P.M.; zinc, chelated 50 mg. daily (gets rid of white spots).

- *If you jog or run.* To raise your energy level, increase your intake of polyunsaturates (peanuts, seeds are good sources) and take: Multiple vitamin with chelated minerals, 2 to 3 times daily; vitamin C complex, 1,000 mg., 2 times daily; Stress B complex, 2 to 3 times daily; vitamin E, 400 I.U., A.M. and P.M.

- *If you bruise easily.* Vitamin C complex, 1,000 mg. with bioflavonoids, 3 times daily.

- *If you have a broken bone.* To speed up the mending process, you need: Calcium, 1,000 mg. daily; vitamin D, 400 I.U. daily.

- *If you have hay fever or other allergies.* Stress B complex with vitamin C, 3 times daily; pantothenic acid, 100 mg., 3 times daily.

- *If you're having dental work.* Your gums usually have a hard time at the dentist. The nicest thing you can do for them is take: vitamin C complex with bioflavonoids, 3 times daily. Start about a week before you go.

- *If you cut yourself.* To help healing take: vitamin C complex, 1,000 mg. with bioflavonoids, A.M. and P.M.; vitamin E, 1,000 mg., applied topically to prevent scarring. □

VITAMIN DEFINITIONS/From page 85

is the same whether natural or man-made, and the body cannot tell the difference. However, proponents of natural vitamins argue that these may contain as yet undiscovered chemical components that enhance the vitamin's action or help us absorb it.

Dry-form vitamins: Conversion of the normally liquid fat-soluble vitamins into powders by spray-drying so they can be processed into tablets, either in combination with other vitamins or to meet consumer preferences.

Chelates: Certain proteins that are bonded to minerals so the body can absorb the minerals more efficiently.

Time release: Vitamin pills or capsules specially treated to release their contents steadily over an extended period of time, keeping a constant level of the vitamin in the bloodstream.

International units: Measures of biological activity rather than weight (milligrams are measures of weight). I.U.s are used to measure fat-soluble vitamins, milligrams to measure water-soluble vitamins.

—JUDITH GLASSMAN □

VITAMIN Q&A/From page 85

including spleen and liver damage, may develop after prolonged daily doses of 100,000 I.U.'s. Children may develop toxicity after 18,500 I.U.'s daily. This is much higher than anyone recommends. Pregnant women should consult their doctors before taking vitamin A supplements; large doses have been shown to cause congenital malformations.

Vitamin D: Particular care should be taken with this vitamin as requirements vary widely and there is little information on safety. The Committee on Nutritional Misinformation of the Food and Nutrition Board recommends taking no more than 400 I.U.'s per day unless specifically told to do so by a physician. Excess D intake can raise calcium levels too high, resulting in tissue calcification.

Vitamins B & C: The water-soluble vitamins—the B complex and C—were always considered to be completely

safe. However, in recent animal tests very high doses of water-soluble vitamins have been shown to cause fetal damage. Also, large doses of vitamin C can cause nausea, stomach cramps and diarrhea.

Trace elements: These are toxic in any but the most minute doses, so always check with your doctor before taking any trace mineral supplements.

- *How are the U.S. RDA's established?*

The U.S. RDA's are set by the Food and Nutrition Board of the National Research Council, a division of the National Academy of Sciences. According to Glen Shue, chemist/nutritionist at the FDA's Bureau of Foods, the Board reviews the results of independent studies on vitamin needs and other medical literature every five years, then establishes recommendations.

More specifically, the need for water-soluble vitamins is determined by studies in which deficiencies are induced in human subjects. The subjects are then given the missing nutrient to determine what dosage is necessary to reverse the deficiency.

For fat-soluble vitamins, indirect evidence is used. For example, to establish vitamin E requirements, a dietary history is taken from people who have no symptoms of vitamin E deficiencies. (Presumably the vitamin E in their diets is enough to prevent any deficiencies.) The amount of E in their foods is determined, and this is used as the basis for the RDA.

The RDA's should not be confused with Minimum Daily Requirements (MDR's), which are established by the FDA for labeling purposes. While the MDR's are the nutrient amounts needed to prevent deficiency, with only a slight safety margin, the RDA's are between 30% and 100% greater than actual requirements and will provide good nutrition for healthy people.

- *What physical conditions prohibit taking certain vitamins?*

People who have high calcium levels (victims of tuberculosis, certain types of cancer) should not take vitamin D; pregnant women should not take vitamins or minerals unless their physician has instructed them to; vitamin E should be used cautiously by anyone with an over-active thyroid, diabetes, high blood pressure or rheumatic heart disease.

Anyone undergoing diagnostic tests must inform his or her doctor about any supplements taken; some vitamins and minerals have been known to obscure test results.

- *Are there vitamins that inhibit the action of prescription drugs and vice versa?*

Complicated drug/nutrient interactions are just beginning to be studied. So far, we know that:

Vitamin B₆ should not be taken by anyone receiving L-Dopa, a drug used in the treatment of Parkinson's Disease.

According to Dr. Callaway, "Large amounts of vitamin E taken by people who are using Coumadin (a blood-thinner) can produce bleeding. Tetracycline, a common antibiotic, can interfere with iron absorption. Neomycin and other broad-spectrum antibiotics can interfere with the absorption of

B₁₂, iron and the fat-soluble vitamins. Those on anti-cholesterol medication will have malabsorption of fat-soluble vitamins, as will people who take a lot of mineral oil as a laxative."

• *How fast do vitamins work?*

Rapidly. According to Glen Shue, "It takes four or five weeks to develop a vitamin deficiency and a week or two to reverse it."

• *How soon after you buy vitamins should you consume them?*

Vitamins generally have a shelf life of two or three years, and nearly all vitamin preparations have an expiration date on the package. Keep them in a cool, dry place unless otherwise specified.

• *When should vitamins be taken?*

Since vitamins are necessary for the metabolism of food, they should be taken right after meals. Fat-soluble vitamins should be taken after meals containing fats.—JUDITH GLASSMAN □

FAST-GROWING PLANTS

From page 94

SILK OAK (*Grevilea robusta*) adds a foot of height and girth each year. A delicate-looking plant with fern-like leaves, this is a rugged, long-lived tree, perfect for a sunny window. • As a seedling, its leaves average 18" long and should be pruned at the tips in early spring to keep the plant growing vigorously. You can expect a maximum height indoors of 8' to 10'. • Don't repot if new growth (lime-green tips) has just appeared. • Although silk oaks prefer slightly dry soil, too much aridity causes leaf drop. Grown in full sun, they may need more water during the summer as well as occasional misting.

STRIPE-LEAF DRACAENA (*Dracaena deremensis* "Warnecker") adds 8" to 12" of height and girth annually when young; suckers, which appear at maturity, can soar 2' to 3' in less than a year. Keep the plant pot-bound longer than most other plants to spur faster growth. • Dust, drafts, drought are all taken in stride, and it will settle for dim environments, but its growth slows to a snail's pace.

UMBRELLA PLANT (*Brassaia actinophylla*) grows a foot, sometimes two, in height and girth each year. For a really stunning display, in early spring combine three or four seedlings in the smallest pot that will accommodate the root balls—confining the roots will force continuing bursts of foliage. Move the plants up to a larger pot the following year. • Pinch out some of the new growth periodically to spur branching and keep the plant full.

WEeping FIG (*Ficus benjamina*) is robust as a seedling, adding several branches and 6" to 8" or more of height each season. Start with a seedling tree, 3' to 4' high, because a more mature tree may prove obstinate at first, dropping some foliage to express its displeasure at being relocated. Try to duplicate the environment—light, humidity, temperature—the plant was thriving in where you bought it. • Grow in or near a window that gets dappled sun or bright diffuse light for a minimum of four hours daily.

FASTER

ARROWHEAD PLANT (*Syngonium podophyllum*) produces as many as 30 new leaves annually. Characterized by 6"-long, ruffly, lance-shaped leaves that can be almost white, all green or mottled, this climber also makes an attractive basket plant. • It tends to get leggy, so to encourage branch-

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ing and fullness, pinch or snip off every other new leaf during the first year and then pinch back growing tips periodically. • A warm, moist environment spurs new growth.

ASPARAGUS FERN (*Asparagus plumosus*) adds dozens of fronds annually; these grow to 3' to 4' in length in one season. With stems that grow up to 6' long, it's best grown in a hanging basket or on a pedestal. • Prune out any damaged or scuffy-looking stems and others will soon take their place. • If the plant loses a lot of foliage, it's being kept too dry. In summer, immerse entire pot in water for 15 minutes, drain and let soil dry out for at least a week before watering again. Mist during "dog days" to keep the tips from browning.

BOSTON FERN (*Nephrolepis exaltata bostoniensis*) can double in size in a year. This beautiful First Lady of ferns has arching fronds up to 5' long covered with compact leaves. • It needs a lot of attention—during sweltering weather it may need misting twice a day since it loathes dry air. • It does well in a hanging basket in an east or south window or on a pedestal.

COLEUS (*Coleus blumei*) grows from a seedling to an impressive plant in just one season if it's given lots of sun and water. To keep the plant full, pinch out most of the new growth each week to encourage branching and bushiness. • Disbud (remove flowers when they first appear) to keep energy flowing to the foliage. • If it's not getting enough light, colors fade and leaves drop.

CORN PLANT (*Dracaena fragrans massangeana*), when young, can add as much as 2' of height in only a few months, but 1' a year is average. Once it matures and its soft, green stem turns into a woody trunk, growth slows to a less frantic pace. • Plants that reach the ceiling can be lopped off and the cutting rooted in moist sand. • It thrives in artificial light—too much sun causes brown spots on leaves.

JAPANESE ARALIA (*Fatsia japonica*) produces about a dozen new leaves each year when young. This is an eager producer of glossy, deeply lobed leaves that average 15" across. • You'll see a surge of growth the first year, then the plant will slow down, eventually reaching a height of about 5'. • Pinch off the flowers that may appear in spring to concentrate growth in the foliage. • Mature aralias send up suckers, which can be removed or left to develop.

SPLIT-LEAF PHILODENDRON (*Monstera deliciosa*), as a young plant, will add a foot or more of height each year. Because it tends to behave as a vine, pinch back the growing tip two or three times a year to force new growth from dormant buds, or "eyes," on the trunk. • To hold the trunk upright, tie the plant to a moss or bark stake that is kept moist. • Aerial roots that emerge from the trunk from time to time should be coaxed into the soil, where they can help nourish and support the plant. • A split-leaf that gets out of control can be cut back in spring or summer to about 3'; by winter, it will completely recover its attractiveness and vitality.

FASTEST

ELEPHANT'S EAR (*Philodendron domesticum* or *P. hastatum*) will double in size annually. It's a fast climber and does well on a moss or bark stake. • To keep it from getting leggy and to promote larger (up to 1'-long) leaves, cut back the top in spring and again in late summer (the cutting will root in water). • Cut back a little on watering when cool fall weather arrives.

GRAPE IVY (*Cissus rhombifolia*) will add 2' to 3' of length on each runner annually unless it's pruned back to encourage fullness. To keep it manageable and looking good, snip out the tips every other week from spring to fall. • Four small plants potted together in a large container in

early spring will, by August, have trailing vines cascading down the sides of the container or climbing a trellis. • The ideal environment for rapid growth is a north window with the temperature at about 75°.

KANGAROO VINE (*Cissus antarctica*) produces 1' of shiny-green, sawtooth-edged leaves (up to 4" long) the first month, and nearly 6' in one summer. Pot up three or four small plants in one hanging basket in early spring; by fall, with vigorous pinching to encourage branching and larger leaves, you should have a specimen that dominates an entire window. • Kangaroo vines are tolerant of stuffy, dry environments and poor light. • Water this one less in winter than in summer.

SPIDER PLANT (*Chlorophytum comosum*) will produce "babies," which eventually extend to several feet, in six months. In two or three years, both runners and plantlets will increase in size, creating a really striking specimen. • Kept in "cramped quarters" (pot-bound) for the first year, it will reward you with vigorous growth and spider production. • It likes evenly moist soil.

TREE PHILODENDRON (*Philodendron selloum*) will double in size in one growing season. Keep it pot-bound for the first year to promote growth. • One of the few tree-like philodendrons, its green stem eventually turns into a woody trunk; leaves become enormous—3' long and 2' wide or larger. • Cut back severely in spring, it will recover by late summer.

FAST-FLOWERING

AFRICAN VIOLETS (*Saintpaulia ionantha*) are worth fussing over. Few other bloomers give you such a wide selection of foliage types and floral splendor to choose from: semi-double and double blooms in hues from white to pinks and wines to purples; foliage comes plain, fluted, serrated, crinkled or variegated. • African violets thrive in bright, warm and well-ventilated spots. • To keep them blooming all year, give them evenly moist soil and apply a high-phosphorous fertilizer, diluted to half strength, every two weeks in summer and three in winter.

BEGONIAS, especially *B. semperflorens* or the wax begonia, are durable survivors that can take a lot of abuse. • To retain their brilliant hues and leaf color, give them a few hours of curtain-filtered sun each day in summer and as much winter sun as possible. • They like average indoor temperatures and daily misting. During hot-weather months, keep the soil evenly moist; in winter, barely moist. • Feed a low-nitrogen, high-phosphorous food diluted to half strength every two weeks in spring and summer, every three weeks in fall and winter. • Pinch back the growing tips to keep the plant vigorous and bushy.

COLUMNNEAS (*Columnnea*) are in the same family as African violets; they make lovely hanging-basket plants, with stems that cascade four feet or more. • To keep them in bloom, provide about four hours of direct or filtered sun a day (or 14 hours of artificial light); a warm, humid environment; and evenly moist soil in summer, barely moist the rest of the year. • A burst of new branch production can be spurred by pruning the plant after heavy flowering. Apply a liquid fertilizer formulated for African violets at full strength monthly.

CORAL PLANT (*Russelia equisetiformis*) is another excellent hanging-basket plant. • Give it a minimum of four hours of direct or curtain-filtered summer sun and all available winter sun each day. • Water every eight to 10 days in summer, less often in winter—so that the growing medium dries out slightly between waterings. • Feed year-round at two-week intervals with African-violet food diluted to half strength. • It deteriorates at below 50°.

FIRECRACKER FLOWER (*Crossandra infundibuliformis*) is an eager bloomer, producing bright-to-pastel orange, overlapping blossoms when it is very young. • Spring through fall, give it several hours of sun each day (curtain-filtered in mid-summer), keep the soil evenly moist and feed every two weeks with liquid African-violet food. • In winter, provide some artificial light, keep soil barely moist and feed every three weeks. • Warmth and humidity are equally important: *Crossandra* thrives when their pots are set on pebble-lined trays kept filled with water. Or, mist them in the early afternoon—except on cold, gloomy winter days.

FLOWERING MAPLES (*Abutilon megapotamicum variegatum*) are long-lived, fast-growing subtropicals that settle into the average sunny home without difficulty. They aren't really maples—their nickname comes from the maple shape of their green and yellowish-white leaves. • Abutilons usually get leggy as they mature, so pinch back new shoots to promote branching and bushiness. • Keep them pot-bound to encourage lavish flowering, and provide about four hours of curtain-filtered sunlight in summer, as much direct winter sun as possible supplemented with artificial light. • Keep soil evenly moist in summer, barely moist rest of year. • Feed monthly with a high-phosphorous liquid fertilizer.

HELIOTROPE HYBRIDS bloom all year in flower clusters that are miniature bouquets of small white, blue, lavender or purple blossoms. • Heliotropes will grow as single-stemmed plants up to 6' high, but selective pruning and shaping can keep them compact (about 2'), shrubby and floriferous. • Provide four to six hours of direct or filtered sun and a warm, humid environment. • Never allow soil to dry out, but cut back on volume of water during overcast weather and winter months. • Nourish every two weeks with liquid food formulated for African violets, except during periods of rest after prolific flowering. **IMPATIENS** (*Impatiens walleriana sultanii*) bloom in dim light all year long and need no pampering. They thrive in any light—indirect, dim or artificial; but the better the light, the more vibrant the blooms. • Average indoor temperature ranges and humidity are fine; the soil should be kept evenly moist during the hot months and slightly drier the rest of the year. • Feed twice a month with a low-nitrogen, high-phosphorous liquid fertilizer diluted to half strength. ■

WONDER LOOM

From page 115

BABY BLANKET (about 30" square)

EASY Enjoyable for everyone.

MATERIALS: Coats & Clark Baby Yarn (1¼ oz. skein): 3 of Lullaby #930, also 1 each of White #1, Lt. Pink #722, Pastel Green #680 and Baby Yellow #224; Size F crochet hook.

DIRECTIONS:

1. Weave twenty-five squares (Steps 1-9 four times) with Lullaby yarn and tie with same yarn (see WEAVING DIRECTIONS).
2. With white yarn, work a base row ■ follows: 1 sc in corner, * ch 7, sc in same corner [ch 5, sc in next loop] 5 times; rep from * 3 more times, end last rep with sl st in first ch of ch-7. Tie off.
3. Joining: Join squares in five rows of five squares each, following Step 2 for Shawl.
4. Border: Work eight rows (two each of green, yellow, pink and white) of base chain (see Step 2) around entire blanket. ■

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SLEEP LESS, LIVE MORE



If you follow this safe sleep reduction program, you'll learn how to sleep more efficiently so you wake up feeling refreshed and rested—with an extra hour or two to spend doing something that you really enjoy! By EVERETTE MATTLIN

WHY DO some people "need" less sleep than others? No one really knows for certain. One theory says that sleep patterns are inherited; short sleepers, for example, tend to run in families. Other sleep researchers attribute sleep time to a combination of inheritance and outside factors, such as parental attitudes toward sleep and general physical environment, including climate and geographical region.

Of course, no one denies that sleep is a part of our bodies' natural renewal process—a time to regenerate cells and rebuild energy. But it has never been proven that our bodies *require* eight hours of sleep to accomplish this. In fact research has shown that deep (Delta Wave) sleep, the body's repair time, is concentrated at the beginning of the sleep cycle and is therefore not affected if you shorten your sleep time.

By following this step-by-step program most of us can expect to successfully reduce our sleep time by two hours per night. And you'll also learn how to sleep more efficiently so you'll wake up with energy to spare!

(1). *Define exactly what you want to do with your gained time.* Choose something specific to do with the extra time; something you enjoy doing. This will build your enthusiasm for your sleep reduction program.

(2). *Start only when you are rested.* Start this program from your regular level of sleep during a fairly normal period of activity. It would be foolish to undertake this program at a time when you *need* additional rest—when you're under stress, getting over an illness or experiencing what appear to be major sleep difficulties.

(3). *Begin with a two-week base period and*

keep a daily sleep log. Start this program by sleeping two weeks at your regular level and begin a daily log that records your total sleep time—including night hours *plus* any naps.

If you're not sure about your present sleep time, take one initial week to find out exactly how much you do sleep, then move into your baseline period for two weeks, smoothing out your schedule so you get close to your average sleep time every night of the week. Then proceed with the program.

(4). *Reduce your sleep time gradually.* This rule is *absolutely* crucial. A gradual reduction in sleep time gives the body and mind time to adjust completely to moderate changes, step-by-step. Reduce your sleep time in half-hour decrements.

Work your way down, getting comfortable at each level before trying your next descent. Although adjustment time will vary from person to person, to some extent it's related to age.

- **Ages 20 to 30:** Three weeks adjustment at every new level until you reach six and a half hours. Then four weeks adjustment at six and a half hours and any level below that.

- **Ages 30 to 45:** Four weeks adjustment at every new level until you reach six and a half hours. Then give yourself six weeks to get down to six hours.

- **Ages 45 to 55:** Four weeks adjustment at each level to seven hours. Then six weeks adjustment at each level to six hours.

- **Over 55:** You're on your own. As many people get older, they feel less need for sleep. Any older person can certainly try this program. Just give yourself plenty of time to become ac-

customed to, and comfortable with, a new level of sleep.

(5). *Be as regular in your sleep hours as you possibly can.* A regular sleep schedule is important to insure sound sleep and promote shorter sleep. This means two things: (1) Stick to the *same* number of hours of sleep per night. (2) Make sure that you get those hours at roughly the same time every day.

(6). *Be prepared for some discomfort until you adjust to a new level of sleep time.* Until you get used to each new stage of your reduction program, you may feel sleepy or less efficient, and you may feel some physical discomfort like burning eyes. But these upsets won't last long—only about a week to 10 days at each level.

(7). *Don't push too hard.* Be honest with yourself. If after 10 days to two weeks you're not adjusting, stop and go back to the previous level. Try again in another month. *Accept* the fact that there is a limit—perhaps an inherited one—to how much you can reduce your sleep.

(8). *Take advantage of naps and stress reducers.* Many people find that dropping from eight hours to six and a half becomes easier if they sleep six hours at night and have a refreshing half-hour break in the middle of the day when they begin to sag. Taking naps won't hurt your effort to cut back on total sleep time. Just be sure to add nap time to your night sleep time when charting your progress.

(9). *If it helps, sleep one half hour longer on weekends.* Often dieters find it is easier to be strict during the week if they cheat a little on weekends. The same principle may work for sleep-reducers. However, use this device *only* if you honestly think it will help you—but no more than one half hour. Just as one slip throws many dieters back into sinful ways, so some sleepers may find an extra half hour on weekends destroys the momentum they've built up during the week.

(10). *Give yourself some rewards for success.* Remember, extra time is meant to *reduce* pressures, not fill up every additional minute with still more "things to do." Look upon sleep reduction as the beginning of a fuller, more rewarding life-style. That, after all, is the point of the whole program.

(11). *Develop good sleep habits.* Since six hours of *good* sleep are worth more recuperatively than eight hours of light and disturbed sleep, improving the quality or efficiency of your sleep can be a major support to your reduction effort.

(12). *Make your sleep reduction program part of a re-evaluation of your life-style.* Undertaking a sleep reduction program takes resolve and motivation; you have to pull yourself together. Then as you do sleep less and find additional time to accomplish more, you'll be pleased with yourself, and, in all likelihood, find yourself motivated to do still more with your life. ■

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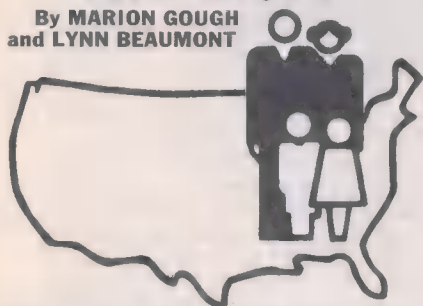
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FAMILY CIRCLE'S GUIDE TO FAMILY RESORTS OF THE EAST

By MARION GOUGH
and LYNN BEAUMONT



SEASHORE, mountains, farmlands, forests or lakes—whatever you're looking for, the eastern region of the United States is loaded with family resorts as varied as the country itself. They promise a good time for the entire family, offering recreational options and diversion for young and old alike.

Most resorts have special programs just for the kids—and very often these

amusements are learning experiences, so if a resort is in an area where history was made and culture shaped, a little sightseeing can turn into an educational vacation for the whole family.

Many resorts these days are condominium communities where you may find it economical to rent a one-, two- or three-bedroom apartment for a week or more, or a house and do your own cooking, with daily maid service provided. However, there is quite a variance due to the number of people, accommodations required and amenities requested (fireplace, ocean view, etc.). And family plans that accommodate children under 12 without charge if they share a room with adults are frequently available. Cots and cribs are usually furnished free of charge. So ask questions—that's the only way you'll get complete information to answer your family's particular needs!

When contacting a resort, be sure to confirm rates. Although these are 1981 rates, some are approximate and subject to change from presstime. Also check out the economical buys in package vacations for golf, tennis or any other special interest.

In addition, since resorts are primarily family or group-oriented, don't be confused if rates for a single or a double room are the same. Most rooms have two double or queen-size beds, so many resorts charge the same rate for both. The only difference is that a double room is larger.

All states have travel commissions and if you write to the state capital building, in the state you wish to visit, they can be very helpful on area attractions. Similarly, local chambers of commerce can fill you in on special events and attractions.

In giving meal plans, we have used the following abbreviations:

EP—European Plan—meals not included

AP—American Plan—meals included

MAP—Modified American Plan—breakfast and dinner included.

Note: Reservations should be made well in advance. Room tax and gratuities not included in rates.

CONNECTICUT

Banner Lodge, Moodus, Conn. 06469.

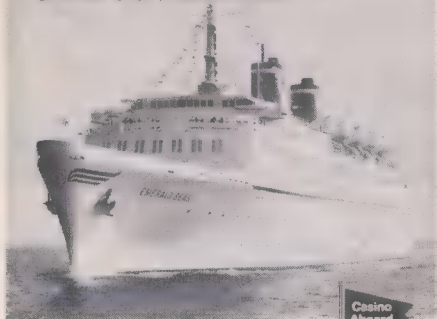
This family favorite is on its own lake in the Connecticut River Valley. Accommodations vary from motel rooms to lodge quarters to cottages, but all put you right where there's plenty to do. There are 18 holes of golf, practice putting and driving areas, tennis and boating, an indoor game room and one of its two pools is Olympic. Children's play is supervised. You're just up the road from East Haddam and the splendidly restored riverside *Goodspeed Opera House*, where you might see a Broadway hit musical before it reaches Broadway. In nearby Hadlyne, a mind-boggler for young and old is *Gillette's Castle*, a megalomaniac version of a castle on the Rhine, brainchild of William Gillette, the 19th century actor who played Sherlock Holmes. It's a state park where you can picnic.

Rates (May 31–Labor Day): single, per night—\$60 (MAP); double, per person, per night—\$55 (MAP); single or double, per night—\$32 (EP). Family, mini-midweek, weekend and weekly rates available upon request. Phone: (203) 873-8652.

The Inn on Lake Waramaug, New Preston, Conn. 06777. This family-run, family-oriented, down-homey Victorian inn with cottages located right on the lake, is a do-as-you-please kind of place, with lake swimming, an indoor pool, tennis, volleyball, horseback riding, sailing and canoeing as well as golf privileges. The assumption is you'll mind your own youngsters, but there's a playground and sitters for when you're antiquing the local countryside. Food is country-good.

Rates: Inn: single, per night—\$103 (MAP); double, per person, per night—\$62 (MAP); Guest House (standard room): single, per night—\$71 (MAP); double, per person, per night—\$48 (MAP); Room with fireplace: single, per night—\$103 (MAP); double, per person, per night—\$62 (MAP); Med.-Large Room: single, per night—\$90 (MAP); double, per person, per night—\$55 (MAP). 10% discount for 7 days or longer; off-season discounts. Phone: (203) 868-2168.

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Dept. 414, 906 17th Street, N.W. Washington 20006, phone (202) 293-5350.

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MAINE

Spruce Point Inn, Boothbay Harbor, Maine 05438. This enclave on a peninsula of sweet-scented spruce and pine looks to the rockbound coast and the ocean for great emphasis on sailing and fishing, two of this area's great sports. You can stay in lodges or perhaps a cottage suite with a fireplace to take the nip out of Maine's early mornings and a refrigerator to put the chill in the cokes. Children are more than welcome here as long as they're over two, and more than adequately entertained with a fresh water and a salt water pool, tennis, shuffleboard, a playground and recreation room; and there's the fun of lobster cookouts. A golf course for the adults is only a few miles away. In and about the town, you can visit an aquarium or a railroad museum, take a cruise around the harbor or even see a sailing regatta.

Rates (mid-June-mid-Sept.): single or double, per night—\$48-\$56 (MAP); Each additional person—\$30. Suites: 2-bedroom: per person, per night—\$50 (MAP). Phone: (207) 633-4152.

MARYLAND

Carousel Hotel, Ocean City, Md. 21842. There are plenty of diversions besides a white sand beach and evening ocean breezes, a famous boardwalk and seaside amusements nearby. There's ten-

nis, ice skating year round, a supervised pool and golfing privileges are offered. For evenings, there's a disco, the Kiosk Lounge, overlooking the ice rink, and a piano bar adjacent to the restaurant. To further delight the kids—and adults—you're only a couple of miles from *Asateague National Seashore*, where there are conducted tours in summer, boat rides and a chance to see the Chincoteague wild ponies. All rooms have kitchen units.

Rates (June 12-Sept. 6): Room with bay view: double, per night—\$72 (EP); Ocean view: double, per night—\$95 (EP); Family Suite: per night, \$115 (EP); Luxury suites & condos: per night, \$160-\$325 (EP); Weekly: \$455 (EP); Each additional person—\$5; Children under 18—free.

Rates (July 24-Aug. 22): Room with bay view: double, per night—\$82 (EP); Ocean view: double, per night—\$110 (EP).

Rates vary (generally lower) during the rest of the year. MAP seasonal packages and weekend packages available upon request. Phone: (301) 524-3464. Toll free: (N.J., Del., W. Va., Wash. DC, Penn.): 800-638-4580. Toll free (Md. res.): 800-492-1874.

MASSACHUSETTS

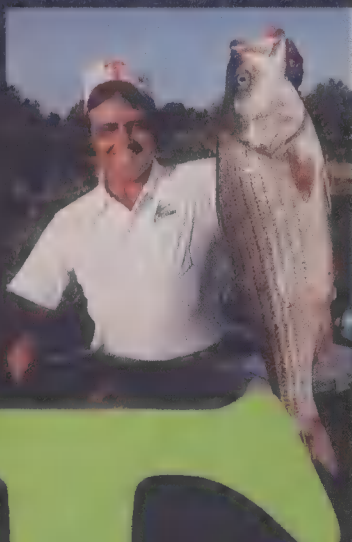
Cumington Farm, South Rd., Cumington, Mass. 01026. Amidst the hemlocks

and pines you can experience cabin living with full cooking facilities and a grill for outdoor barbecues on this 700-acre resort in the Berkshires. But bring your own bedding for your strictly rustic accommodations—this is simplicity at its best. Outdoor activities? Plenty of them—a large swimming pool, tennis courts, games and fine trout fishing along the Swift River which winds its way through the resort's thickly wooded hills. Miles of cross-country ski trails make some of the Northeast's best scenic hiking. Gala weekend festivities occur throughout the summer and include the annual Country Music Fair and the Hilltown Banjo Convention, both of which draw talent from all over the country. Take the kids to the Berkshire Hot Air Balloon Festival (third week in August). Guests are welcome to free rides in one of the colorful balloons.

Rates (Memorial Day-Labor Day): Cabins: Per person, per night—\$7; Camping: per site—\$7.50; Additional trailer hook-up—\$2.

Phone: (413) 634-2111.

Sheraton Sturbridge Inn, U.S. Route 20, Sturbridge, Mass. 01566. At Old Sturbridge Village, a recreation of the lifestyle of the early 1800s, one is ever mindful of the past while the Sheraton-Sturbridge Inn, just across the way, is a constant reminder of the present. The Inn, though not a resort per se, has many unique features. Its beautiful



Tenne

pool and whirlpool amidst plush tropical foliage are all under glass for year-round warmth. A game room, sailing, fishing, sumptuous lobster cookouts, picnics and beach parties are just a few of the activities available. There are recreation programs for both youngsters and adults including tennis, running trails and indoor crafts programs. Close by—golf, and of course, discovering America's heritage. At night, there's live entertainment in the Silver Quill Lounge and hearty Yankee food. Boston is an hour away.

Rates (May–Oct.):

single or double, per night—\$48–\$62 (EP); Each additional person—\$5; Children under 17, free.

Summer weekend packages available:

2 nights: per person—\$80 (includes one dinner, one breakfast each, Sunday brunch and use of all facilities).

Phone: (617) 347-7393.

NEW HAMPSHIRE

The Balsams, Box 27, Dixville Notch, N.H. 03576. Sky-high in the White Mountains (America's Switzerland), this graciously traditional resort has been welcoming families for over a hundred summers and, with the growth of skiing, has become a favorite place for winter vacations, too. To coin a phrase, it's a top-notch. Its warm-weather activities include two golf courses, six tennis courts, a swimming

pool, boating and canoeing on a private lake that is stocked with trout. And the mountain hiking trails are surrounded by panoramic scenery. In the evenings, there's a lounge with nightclub entertainment. Children have a supervised summer program and there's a babysitting service for the very young.

Rates (June–Oct.):

per person, per night—\$58–\$73 (AP).

Family rates available upon request.

Phone: (603) 255-3400.

Wentworth-By-The-Sea, Portsmouth, N.H. 03801. A July/August 6-day-a-week program for young people includes, along with the usual sports activities, excursions to historic Portsmouth with its 18th-century homes, and the *Strawbery Banke* (New England's Williamsburg) restoration, square dancing, clam bakes and "Christmas in July." For grownups, nightly diversions include games, movies, lectures, dance exhibitions, swimming in the Olympic-size heated pool and dinner-and-dancing. Accommodations

range from deluxe cottages overlooking the golf course to two-bedroom suites to single guest rooms. Some units have ocean views and kitchen facilities.

Rates (July–August):

single, per night—\$85 (AP); double, per person, per night—\$65 (MAP).

Rates (May–June, Sept–Oct.):

double, per person, per night—\$65 (AP).

Cottages and suites rates available upon request. Phone: (603) 436-3100.

NEW JERSEY

The Flanders, Ocean City, N.J. 08226.

On a coast-side Atlantic island that has been a family-oriented vacation mecca since the 1880s, this well-mannered hotel attracts families who like a little tradition in their lives. Tennis, lawn games, a miniature golf course, bicycling (right on the beach) and a salt water swimming pool are among its diversions, and guests may golf at a nearby course and find entertainment at one of the casinos close by. The island, which faces ocean and bay, is noted for miles of beach and boardwalk and quiet bay waters where sailing and fishing are excellent. The town has a Victorian charm, old mansions and nightly summer concerts. The influence of the Methodist ministers who founded it persists—so beware—no liquor sold but you can bring your own. And dining room is formal—men must wear jackets; women, dresses or pants-suits.

Rates:

single, per night—\$48–\$52 (MAP);

double, per night—\$88–\$98 (MAP).

Children under 10—\$20. Children over 10 or each additional person—\$35.

EP plan only in the off-season.

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tion resort! You bet! Set amidst 800 wooded acres in the Kittatinny Mountains of hilly northern New Jersey, this year-round vacation resort offers everything from skiing and ice skating in winter to tennis, golf and horseback riding in summer. And its popularity as a family-oriented resort is steadily growing. There's a children's day program, including arts and crafts, pony rides and swimming, as well as a supervised playground and a 24-hour baby-sitting service. The 27-hole golf complex, tennis courts, pools, restaurants and the *Cabaret Showroom*, featuring top entertainers, will keep you so busy you probably won't have the time to visit *Vernon Valley Action Park*, only a few miles away—featuring roller skating and car racing.

Rates (June 1–Sept. 13):

Weekend package: (3 days/2 nights); double, per room—\$338 (AP); third person—\$113; children under 16, free. *Midweek:* double, per room—\$282 (AP); third person—\$108; Children under 16, free.

Package includes deluxe room, Bunny money, entertainment, horseback riding, fun park, champagne on arrival.

Special seasonal, family rates also available on request. Phone: (201) 827-6000 or toll free (800) 621-1116.

NEW YORK

The Concord Resort Hotel, Kiamesha Lake, N.Y. 12751. An article on family

resorts wouldn't be complete without including this popular year-round hotel near Monticello in Sullivan County. Name your pleasure and this Catskills favorite has it. Get ready for 18 holes of golf, swimming and tennis, or go the

relaxing sauna and massage route to work off the magnificent kosher snacks. Whatever, you're assured that the kids will be watched over after enjoying one of their special programs. Evening entertainment offered is by top stars (no cover charge).

Rates:

single or double, per person, per night—\$50–\$80 (AP).

Family, golf and tennis packages available upon request. Summer rates vary depending upon length of stay. Phone: (212) 265-8636.

Mohonk Mountain House, New Paltz, N.Y. 12561. This 110-year-old resort, quite devoid of frills, in the Shawangunk Mountains is legendary as a wholesome family vacation place, particularly favored by nature lovers for its countless forested hiking and horseback riding trails. It has a 9-hole golf course, tennis courts, and swimming and sailing on its mountain lake. Most of its 2,500 acres are left in natural beauty but it's also famous for its old-style flower gardens. Among diversions—nature-oriented programs, talks, films and square-dancing. Particular attention is paid to the outdoor activities of the youngsters. The nearby town of New Paltz is virtually an arts and crafts colony.

Rates:

single, per night—\$78 (AP); (with fireplace)—\$80 (AP); double, per person, per night—\$61 (AP); (with fireplace)—\$66 (AP).

Phone: (914) 255-1000.

PENNSYLVANIA

Buck Hill Inn, Buck Hills Fall, Penn. 18323. The largest year-round resort in the Northeast has 250 rooms on 6,000 acres of Pocono Mountain splendor and claims to offer more activities than any resort in the world. Its Camp Club (three–12 years) and teenage programs



The "castle-like" Mohonk Mountain House

COURTESY OF MOHONK MOUNTAIN HOUSE

offer a whirlwind of daily doings—at no charge to Inn guests—that range from swimming and tennis instruction to birdwatching. There are visits to a garage full of fire engines, kite flying, helicopter and glider rides, indoor/outdoor pools, ice skating and 27 holes of golf. Good food, comfortable rooms, cocktail lounges—and on and on.

Rates:

single, per night—\$82 (MAP);
\$85—(AP); double, per night—\$61
(MAP); \$64—(AP).

Golf and tennis package rates available upon request. Phone: (717) 595-7441.

The Host Farm & Corral, Lancaster, Penn. 17602. Plumb in the middle of Pennsylvania Dutch country, hex barns, covered bridges and luscious food, this resort of two neighboring hotels zeroes in on family vacationing. Kids from six to nine, nine to 12 and teenagers have their own specially counselled activities from tennis, arts/crafts, games and movies to teen-age dancing, and buggy-riding as an added come-on. The *Dutch Wonderland*, a 44-acre amusement park, is nearby. For adults there are two 18-hole golf courses, indoor and outdoor tennis courts day and night, a jogging path and swimming. Chocolate-scented Hershey is deliciously near. There are three restaurants and nightly entertainment in the cocktail lounge. Babysitting services provided on request.

Rates:

single, per night—\$44 (EP);
double, per night—\$54 (EP).
Children under 13, free.

Weekend packages are available upon request. Phone: (717) 939-7841.

Hotel Hershey, Hershey, Penn. 17033. It's in the birthplace of the Hershey bar; even the air smells of cocoa and the streetlamps are shaped like chocolate kisses. As a resort, it's great for kids. Tennis, riding, lawnbowling and five golf courses beguile the adults. There's an indoor recreation complex, indoor/outdoor swimming pools, sauna, horseback riding, two dining rooms (the famous Circular Dining Room overlooks plush gardens and rolling mountains) for all to enjoy. Hershey Park's burgeoning year-round gardens of roses, tulips, chrysanthemums, the *Museum of American Life* and annual Pennsylvania Dutch Days entrance the whole family. There are plenty of supervised activities for the youngsters—and for the adults, plenty of nightly entertainment and dancing in the Iberian Lounge or a relaxing dinner in the Circular Dining Room overlooking formal gardens and rolling mountains.

Rates:

single, per night—\$74 (MAP);
double, per night—\$110 (MAP).
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Rates (June-mid-Sept.):

single, per person, per night—\$59 (EP);
each additional person—\$6; children under 12, free.

Special weekend package rates are available upon request. Phone: (401) 789-9341.

VERMONT

Smugglers' Notch, Jeffersonville, Vt. 05464. Known throughout the East as a top ski resort, this tabloid version of Sun Valley will afford families a delightful summer holiday. Youngsters are sure of a warm Yankee welcome, with their own specially organized activities. A children's arts and crafts program, overnight hikes, tennis, supervised swimming, softball and evening bonfires—just some of the things



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Alan



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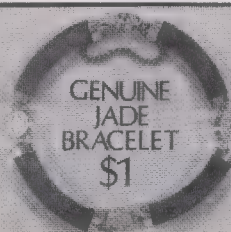
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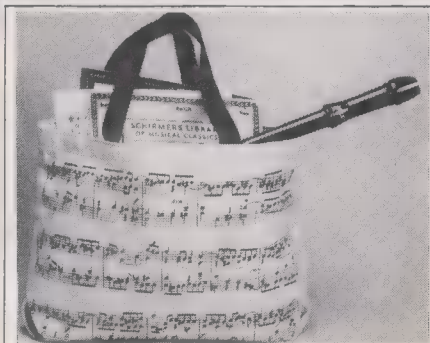


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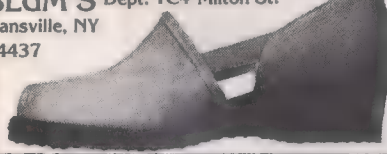
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Our Readers' Circle

DAY CARE

MY HUSBAND Ben and I were so intrigued with your studies and survey on day care [*Where Are Your Children?*, Jane Whitbread, March 1, 1978 and *Who's Taking Care of the Children?*, J. Whitbread, Feb. 20, 1979] that we finally decided to fulfill a dream of having our own business and started a day-care center of our own. A couple of years ago I started babysitting for preschoolers while I was pregnant with my second child. I enjoyed it so much that I advertised my sitting service in a small neighborhood paper. I now have an early childhood center with 40 preschoolers. The business grew so well that my husband was able to quit his job to become the manager, and we now employ four men and five women teachers and several part-time people. Many thanks! The tips, data and survey in the articles were most helpful to us in building our school.

CAROL JANKOWSKI, Director
LIL RASCALS
New York, N.Y.

EDITOR'S NOTE: "Checking Out Child Care: A Parent Guide" is a 28-page booklet that is available to help parents select a day-care center for preschoolers. It discusses types of programs, the differences between home- and center-based care and criteria for judging the atmosphere as well as the quality and safety of a center. Send 25¢ and a business-size, stamped, addressed envelope to: Day Care Council of America, Inc., 711 14th St., N.W., Suite 507, Washington, D.C. 20005.

PREMATURE BABIES

IT WAS SO wonderful to see a story about premature babies [*The Baby Who Was Born on Christmas Eve*, B. D. Colen, Dec. 16]. I didn't know how it felt to have one until I had two of my own. I gave birth to twin boys both weighing slightly over two pounds. Sadly, the older one lived only a short time. The younger one is now two years old and a great joy to us. Thanks again for a very moving and informative article.

DOROTHY GADDIS
Elk City, Ark.

EDITOR'S NOTE: Our article was a special excerpt from a book on premature babies called "Born At Risk," by the talented medical writer B. D. Colen. It is published by St. Martin's Press, Inc., 175 Fifth Ave., New York, N.Y. 10010.

REFUNDING FILE

I'VE READ every one of your refunding articles since July 1979, including the last one, *Save Over \$60 at the Checkout* [Susan Samtur, Nov. 1]. As a result, I have become a serious refunder and have converted my sister and mother-in-law to it. In a year and a half, the three of us have been refunded over

\$600 in cash and merchandise!

TAM YIP
Philadelphia, Pa.

EDUCATION OF A WIDOW

THIS PAST OCTOBER my 38-year-old husband died of pneumonia. For a while I was in such shock that I couldn't function, let alone settle his estate. Since I never imagined this would happen to him so young in life, I didn't know how to handle all the financial responsibilities I became heir to. Then a very good friend sent me your article *The Education of a Widow*, by Barbara Gilder Quint [Nov. 18]. I can't tell you how much I appreciate such clearly written guide to everything from insurance policies and inheritance taxes to how to avoid a probate.

JESSICA PRESCOTT
Phoenix, Ariz.

EDITOR'S NOTE: For guidelines on making a "living will" (a will made when a person is in sound mind, in the event that he later might lose his mental faculties and continue to live) and other free, related financial information, readers can send their requests to: *Concern for Dying*, 250 West 57th St., Room 831, New York, N.Y. 10017.

WHY KIDS CAN'T WRITE

YOUR ARTICLE *Why Kids Can't Write* [Anthony Brandt, Jan. 13] motivated me to take action for my fourth-grade daughter and fifth-grade son who have always had trouble in school—especially with writing. In fact, I organized a group of nine parents who have children with the same problem. We now get together twice a week with the kids and one teacher to talk over problems, practice writing and have a good time. Four unknown cases of dyslexia (writing letters or words in reverse order) have come to our attention, and we have all lightened our attitudes!

MILDRED EDWARDS
Seattle, Wash.

EDITOR'S NOTE: "Plain Talk about Children with Learning Disabilities" is a long foldout that describes behavioral patterns typical of children with learning problems. It explains why they act the way they do, examines parents' feelings, offers advice and lists national organizations that can help. Send a postcard with the request to Consumer Information Center, Dept. 521H, Pueblo, Colo. 81009.

ALLERGIES

I WAS DEEPLY fascinated by the Small family's multitude of allergies to foods and environmental chemicals and austere way of life [*We're Allergic to Modern Life*, Jeffrey Blyth, Jan. 13]. Since several of their reactions to foods seemed similar to mine, I decided to consult an allergist. A series of tests showed I have an intolerance for milk products, eggs and wheat. I've eliminated these foods from my diet for a few weeks now and feel much better. What an encouragement! I hope I can continue to be as brave as the Smalls in spite of my restrictions.

LIZ HABER
Louisville, Ky.

EDITOR'S NOTE: "Food Allergy" is a 12-page booklet that discusses the diverse symptoms allergies can produce such as cramps, itching, sneezing, and answers questions about how allergies can be treated. Send 50¢ (includes postage and handling) to Asthma & Allergy Foundation of America, 19 West 44th St., New York, N.Y. 10036.

WOMEN WHO WORK

AS A WOMAN who works in the home, I am very insulted by the title of your article, *Great Ideas for Women Who Work* [Carol Krucoff, Nov. 1]. I might not earn a wage or go to an office, but I definitely work and earn my keep. Please review your wording more carefully in the future. Your readers don't need the "just a housewife" approach.

LUANN S. BARCHIE
Cherry Hill, N.J.

POISON EMERGENCY

THIS PAST Christmas turned into a nightmare for my husband and me when my 3-year-old son decided to get up in the middle of the night and take a preview peek at the decorated tree and gifts. After this adventure, he decided to explore the kitchen and accidentally got hold of an almost-empty can of drain cleaner that had been placed on the top of a full garbage pail. He swallowed the tiny amount that remained inside. Fortunately, I had just posted your *Poison Emergency Guide* [Margaret Jaworski, Jan. 13] on our kitchen bulletin board two days earlier and followed your directions for giving milk to dilute the poison. We quickly got him to the hospital, where his stomach was pumped out. He wasn't badly burned and recovered rapidly. I can't express my appreciation enough for the confidence the guide gave me.

SUSAN L. MITCHELL
Chicago, Ill.

EDITOR'S NOTE: A free list of do's and don'ts, called "Preventing Childhood Poisoning," is available to concerned readers by sending a postcard with the request to: Food & Drug Administration, Office of Consumer Affairs, Consumer Communications, (HFE-88), 5600 Fishers Lane, Rockville, Md. 20857.

Also, 12 "Mr. Yuk" poison warning stickers, which adhere to product containers, are available for \$1 by writing to: National Poison Center Network, Children's Hospital of Pittsburgh, 125 De Soto St., Pittsburgh, Pa. 15213. This symbol was originally tested on preschool children who avoided bottles with the unappealing green face and who later named the design "Mr. Yuk."

TREASURE CHEST

NOW THAT I've decorated an old dusty attic trunk as a "seaman's chest" from your instructions in *Boxes, Some to Decorate, Some to Make* [Lawrence Kane, Jan. 13], my kids are stowing away their toys and assorted treasures more regularly and enthusiastically. My wife and I thank you. We're no longer taking surprise rides on toy trucks or yelling, "Clean up your room!" like a broken record.

MICHAEL HARRIS
New Haven, Conn. ■

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